Kundalini demystified (what Premyogi vajra says)

Author- Premyogi vajra

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Book Introduction:-

This Tantra-oriented book is a collection of practical and experiential points related to Kundalini and Kundalini yoga in a question-answer form. It was written by Premyogi vajra when his kundalini was activated and expressed inside him at the peak level. Therefore, he also got his kundalini awakening during those days of writing this book. For kundalini seekers, it is not less than a boon. Together, Premyogi Vajra taught Kundalini Yoga to the curious seekers, then the suggestions he gave them, all those suggestions are in this book too. There are also some famous social media answers given to curious spiritual seekers by Premyogi vajra included in this book. Premyogi vajra has also included his real time experiences of Enlightenment and Kundalini awakening with simple and elaborated clarifying explanantion in this book. This book is also available in Hindi translation with name "kundalini rahasyodghaatit / कुण्डलिनी रहस्योद्घाटित".

Author introduction

Premayogi Vajra was born in the year 1975 in a small village in the beautiful basket valley of Himachal Pradesh, India. He is naturally fond of writing, philosophy, spirituality, yoga, public service, applied science and tourism. He has also done commendable work in the field of animal husbandry and veterinary medicine. He is also fond of polyhouse farming, organic farming, scientific and water conserving irrigation, rainwater harvesting, kitchen gardening, cow farming, vermicomposting, website development, self-publishing, music (especially flute playing) and singing. He has also written close to ten books on almost all these subjects, whose descriptions are available on Amazone Author Central, Author Page, Premyogi vajra. The description of these books is also available on his personal website demystifyingkundalini.com. He had also been a Vedic priest for a short period of time, when he performed religious rituals in people's homes with the help of his Vedic priestly grandfather. He has gained some advanced spiritual experiences (enlightenment and Kundalini awakening). His autobiography, along with his unique experiences, is particularly shared in the book "Physiology Philosophy - A Modern Kundalini Tantra (A Yogi's Love Story)" written in Hindi. The matching equivalent of this book in English is “Love story of a Yogi- what Patanjali says”. This book is the most prominent and ambitious book of his life. This book contains the most important 25 years of his life’s philosophy. He has worked very hard for this book. In a quality and unbiased review on Amazon.com, this book has been reviewed as a five-star, best, must-read and excellent book. Google Play Book Review also found five stars for this book, and this book was rated as good (cool). Premyogi vajra is a mysterious person. He is like a polymorphic man, who has no fixed form of his own. His actual form depends on the size and type of the trance/Samadhi that he is continuously experiencing in his mind, no matter what he looks like from outside. He is enlightened (self realized), and his Kundalini has also awakened. He had self realization or enlightenment naturally / through love yoga, and Kundalini awakening through artificial means / Kundalini yoga. At the time of natural samadhi, he was assisted by symbolic and uni-vehicular Tantra yoga, while at the time of artificial trance/Samadhi he got the help of complete and bi-vehicular Tantra yoga along with the majority of his own efforts.

For more information, please feel free to visit the following place-

https://demystifyingkundalini.com/

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This book is dedicated to God of Tantra, Bhole Mahadev. Secondly, this book is dedicated to the Master / Guru of Tantric yogi Premyogi vajra. He was the living incarnation of God Bhole Mahadev. Finally, this book is dedicated to all of the Kundalini seekers.

Whether the Enlightenment (self-realization) is possible without meditation?

Only one line statement- Love, Love and Love. Love is everything including Kundalini awakening and Enlightenment. Additionally, Enlightenment without meditation seeks vigorous and sustained hard work, physical as well as mental, both together without a break as far as possible along with non-duality.

It should be the duty of a king / kingdom to bring work for every hand as per Confucius. Actually many people can work well but due to policy failures, work does not become available to those so many lives are ruined in that way. Policies cannot be blamed totally. Actually, work is work. It cannot be bigger or smaller. Even small works do wonders with right non-dual attitude and on the other hand, big businesses fail without the non-dual attitude. Even cooking food, cleaning the house, kitchen gardening, labour work etc. are plenty of small works that do not require policy decisions but need only the human willingness to be done.

Confucius has also said that new lifestyle or new philosophy should be made by one as based on the humanely lifestyle/philosophy of his old/ancestral tradition. It also highlights the importance of a love full society for a loving relationship with the ancestors in their lifetime can only force one to remember them effectively and to walk on their footsteps after their demise. This process also helps to reinforce image of at least one of them inside the mind of one as if a kundalini.

Due to the above practice, kundalini matures progressively and spontaneously through a bypass route without having need of any meditation.

Along with, it will also bring you worldly lures and comforts spontaneously without any invite from your site.

This is a deep secret of Karmyoga and Tantra. Many people think that karmyoga and tantra are dissimilar to the kundalini meditation and that the kundalini is not involved through both of these practices. Actually, they do not know the matter in detail. In fact, these both non-dual practices are also mediated through the kundalini, although in an indirect/unrecognized way. In reality, every humanely and spiritual lifestyle/ritual/culture/meditation technique/religion/art/philosophy works through the Kundalini, directly or indirectly. Therefore, it is always better to keep up kundalini burning in mind in whatever way possible. Socially the best way is to keep up Kundalini through obedience and sincerity to elders in childhood, through relentless businesses with no duality in adulthood, and through the sitting kundalini yoga meditation in the advanced ages. Actually, kundalini is a natural love. It can rarely be made artificial. Growth of Kundalini/love is rarely all of a sudden. It requires a long range of time even the entire lifetime for many people still many out of them not becoming able to awaken her ever so. Similarly, growth of Kundalini/love is rarely non-interactive. It requires a lot of worldly mutual interactions, experiences and go together in the form of Guru-shishya relations, father-son relations, grandfather-grandson relations, teacher-student relations, intra class relations, inter class relations, husband-wife relations, love affair relations, social relations, family relations, relations with relatives, consumer-supplier relations, mutual crisscross relations in the form of a crisscross complex net and likewise many more. Maximum number of positive interactions is favoured inside a joint family. Although in later stages of spiritual development, one may need solitude for dedicated kundalini yoga practice. One who has maximum number of positive relations, he has maximum chance to launch and grow his kundalini. It highlights the importance of a love full, properly smiling/behaving, sympathetic, cooperative, and respectful society. In that case only, there is a chance for the mental image of at least a single human being to be snugly fitted in the mind as if a Kundalini. It's ultimately the Kundalini demystified. This is the real essence of ancient Indian system; this is the real spiritualism of the ancient Indian religion. How can the kundalini (second name for Love) grow inside a society full of hatred?

Premyogi vajra has experienced his kundalini matured without meditation as well as through meditation as explained above too, and even through mixture of both too i.e. initial maturation through love-full relationships plus Karmayoga and subsequent final push through the dedicated tantric Kundalini yoga. This above is nothing of any theory but an abstract of all that happened to Premyogi vajra to himself in his own life.

How the psychology behind Kundalini yoga practice works?

One hour in the morning and one hour in the evening. At evening, dusk is best for yoga. Because at that time both nostrils are occasionally open. One should perform yogic postures that put pressure on the abdomen in the morning and rest of all should be performed in the evening. One should not eat anything for 4 hours just before these compound yogic exercises. Similarly, one should not drink anything for 1 hour before yoga. First, one should do yoga postures with concentration on the Kundalini that is stationed at suitable chakras. This should be done for approximately twenty minutes. Then be seated in Siddhasana. Perform the practice of Siddhasana slowly, otherwise the knees can hurt or even may become impaired if ignored for long. Then for next twenty minutes, following types of pranayama are done. First, Kapalbhati (forced and fast expiration only) is done. Then Anuloma-viloma (slow and deep inbreathing alternatively, with different nostrils, such as taking air from the left and leaving it from the right, then vice versa and then using both of them together). Attend the Kundalini at the time of pranayama on moolaadhara (root) chakra. Then for the last twenty minutes, rotate the Kundalini on all the chakras. Start with the Sahasrara. Keep the life or prana focused on the Kundalini with help of Jalandhar bandh (lock), mool bandh (root lock), and uddeeyana bandh (flying lock) on each chakra. These bandhas are applied once after the full expiration (breath-release), and once after full inspiration (inhalation) with withholding of breath. It should be done as easily as possible without suffocation. Such a complete Kundalini rotation is done through all the chakras, once while breathing in with the left nostril and leaving it from the right nostril, once in the opposite order, and finally with the both the nostrils open together. You can concentrate upon your favourite mental picture. The image may be that of your Guru or any god or your beloved (consort) etc. Do not allow to break the rule of practice ever. If ever there is excessive and compulsory mobility or too busy life or any other problem, then you can practice it for a short time, yet be sure to complete this whole set of exercises as such. Kundalini in the form of a man can be imagined as a farmer who is ploughing the circular crop-field in concentric rings. These rings are shown as cross sectional area of body passing through the corresponding chakra. This is an example and imagination can be applied as suitable as per one's own choice. It is better to keep fixed time for practice. I will elaborate locks a little bit. Root lock is made by the heel of foot pressing up the root chakra in siddhasana. It pushes the kundalini upward towards the being attended chakra. Due to tiredness, boredom etc. it becomes difficult to focus the mind on kundalini in the brain. Then indirectly, mind is focused on the kundalini on root chakra and it is also imagined that root lock is pushing it up. It is also assisted by the flying lock in which the whole body along with shoulders is tucked up (shoulders are only tucked up for kundalini on throat-chakra and above). To your wonder, kundalini immediately jumps up like a monkey and shine blissfully in the brain. Neck is kept straight so that kundalini can pass up easily. Jalandhar lock is applied only when kundalini is below the vishuddhi (throat) chakra. Exceptionally, I do not prefer to apply this lock when kundalini is attended on anahata (heart) chakra of backbone. This is done so because with this lock I cannot isolate the muscles at this chakra with this lock. Actually, some sensation is to be made on each chakra-point through manipulating various body parts and/or isolating the local muscles. It increases the clarity of kundalini there. There are all the chakras in backbone too. These all chakras are sharply opposite to the corresponding front chakras. For example, Agya chakra is between eyebrows. Then its back chakra is on the backside of head at its level. Chakra takes its exact form and best position itself slowly with practice. When mind is focused both on the kundalini and the corresponding chakra, then kundalini sits on that chakra itself. In jalandhar lock, chin is pressed with the chest. This pushes the prana (subtle life-energy) along with kundalini downwards from upper part of body. This show then its effect on the chakra being attended. Upper prana meets lower prana here that is rising up with help of root lock and flying lock. This joining produces a strong modulation effect to visualize kundalini there. It is just like two opposite streams of water meeting together to produce a shining wave. It is all the imagination that creates wonder. Kundalini is pressed between two opposite forces, then it shine best. On each chakra of back channel, three forces converge on the kundalini. One is from the lower body prana, second is from the upper body prana, and the third one is from the front chakra directly in front of that (front channel).

What was your that yoga-practice schedule, which caused your kundalini awakening?

In the morning, I used to practise those yoga poses, which do not put too pressure on the belly. First, I used to apply first variant of locust posture (shalabhasan), arms and legs kept at shoulder width are extended fully at higher level than the ground. Palms are held pressed with the inner side of thighs. Each pose was kept maintained for about half minute to one minute, which is proper and scientific time for purposeful stretching. In second posture, I used to apply second variant of locust posture with only right arm and left leg kept higher than the ground. As third posture, I used to apply first and easiest variant of cobra pose (bhujangasan) with face resting on palms of both arms that acted as two arms of a bipod stand with elbow joints as its feet. In cobra pose, pressure or a stretching sensation is felt at swadhishthan chakra near the base of spine. Actually, almost every pose produces a sensation at swadhishthan chakra of backbone making it easy to imagine kundalini there. In the form of third pose, third variant of locust pose was applied with only left arm and right leg kept higher than the ground. As fourth pose, I used to apply second variant of cobra pose with both arms fully straight to lift upper part of body as high as possible. Hip is kept pressed on the ground and both legs lie on the ground close together. As fifth pose, I applied fourth and full variant of locust pose with both arms and both legs higher than the ground. In sixth pose, I applied third variant of cobra pose that is same as second variant, but legs are kept apart at shoulder width level. In seventh pose, I applied similar other easy pose to get rid of tiredness of cobra pose. Then I applied fourth variant of cobra pose that is same as third one, but only looking back at swadhishthaan chakra while keeping the head and neck tilted towards the left side of body. Next pose was that of bow pose (dhanurasan). As 10th pose, I applied fifth variant of cobra pose that was similar to the fourth one, but looking at swadhishthan chakra is there through right side of body. In 11th pose, I applied shoulder stand (sarvangasan). 12th pose was that of corpse pose (shavasan). 13th pose was that of plough pose (halasan). As 14th pose, I applied bridge pose (setubandhasan). 15th and final pose was that of boat pose (naukasan). It is all about the yoga poses. Now, it comes the pranayam. Siddhasan (accomplished pose) is applied. First, kapalbhati is done. Note that I always used abdominal breathing during yoga, never the chest breathing. During poses, I imagined my kundalini at swadhishthan chakra of back channel. During pranayam, I focused on kundalini at root chakra (lowermost chakra, in centre of base of genital organ and anus). In kapalbhati, forced, quick, and jerky expiration was done only putting outward pressure from deep abdomen. No inhalation of air was done as far as possible. After some strokes of each pranayam, I put my free hands on each side of my chest to support belly and to relieve any painful sensation inside. Then it comes the anuloma-viloma. First, I did inhalation through left nostril and exhalation through right nostril. Then the opposite was done. Finally, both nostrils were used for both inhalation as well as exhalation. Now after pranayam, I practised kundalini rotation. First, I apply root lock and flying lock. I hold breath after exhaling out the air through right nostril. With breath withheld, I imagine kundalini on root chakra along with attention on locks too. With this, kundalini jumps up like a monkey to sahasrar chakra. Mind is focused on kundalini there. When suffocation appears, then I inhale air through left nostril. I again withhold the breath there. Focusing on kundalini is done. When my mind becomes tired in between, then I bring down my attention calmly, but it again rises up itself with the upward pressure of bandhas (locks). Therefore, it becomes lot of easy to focus. It is all about front channel. I never focused mind on agya chakra, but now I am trying to do so. Agya chakra is in the centre of eyebrows. Kundalini can be lifted up similarly, but it should be stopped there to prevent its upward progression to sahasrar chakra. It is achieved through making a constriction / sensation etc. at this chakra. Now it comes the anahata chakra. Note that at each chakra the same breathing process is repeated. At the end of focusing on each chakra, a little rest is made through spontaneous, fulfilling, and fast breaths through the same nostril. For anahata chakra, jalandhar lock is applied to compress the kundalini there in between upper and lower prana. I also used to feel a little painful sensation there for I had ankylosing spondylitis. As I have told earlier too, mind should be focused on both kundalini and chakra at difficult times so that kundalini itself comes to sit on that chakra. At manipura chakra, with force of both locks, belly sinks in with kundalini in the depression at the level of naval ring formed. It is common that when mind becomes bored during focusing, then only imagine the upper and lower pranas converging towards a point. Shining kundalini itself reaches there. Now I go to swadhishthan chakra. It is on the base of Wang on upper side. When it becomes difficult to focus there, then I focus on the tip of Wang where ejaculation sensation is felt. On doing it, kundalini immediately takes its seat on swadhishthan chakra with its little contraction inward. In the end, it comes the turn of root chakra. It is exactly at the point, where the heel of foot touches the lowermost part of body as told above, making there a dull prick type

sensation. Kundalini is compressed between upper body prana and the heel of foot. Now I lift my kundalini through all chakras of back channel starting from the root chakra. I focus on swadhishthan chakra. For this, I take the lower part of backbone slightly above the end of spine. There a flat type bone is felt on which a contraction point is felt, on which when inhaled breath hits, then it swells somewhat with that. Then there comes the naval chakra of back channel. I feel least sensation so least kundalini there. Sensation is only felt when due to force of locks, belly sinks inside. For anahata chakra, I did not prefer jalandhar lock for it reduces sensation there. Sometimes, I put jalandhar lock too with good sensation there. For vishuddhi chakra of back channel, sensation point is made in a peculiar way. Head is tilted backward to make a depression in the centre of neck. Here, a stretching type sensation is felt. In vishuddhi chakra of front channel too, sensational point is felt in throat through tucking up of whole body including the shoulders forcefully. Now comes the agya chakra of back channel. It is there on the back of skull directly behind the front chakra. On here, a sensational point is imagined up to which kundalini rises through bandhas. Constriction sensation front agya chakra also extends back chakra to empower the sensation there. Actually, a starting sensation is needed to be made at chakra for once the kundalini sits there, it itself enhances that sensation. Now there comes the sahasrar chakra. It is on the top of skull. I do not need to feel sensation there. However, one can feel there too for better focusing. Kundalini is made to jump up to this chakra directly from root chakra with help of locks just as told earlier. Now, to give rest to my legs and back, I sit in supta vajrasan pose (lying vajrasana). In the end, I do pose of bowing to mother earth or submitting all efforts to god. I sit in vajrasana. While inbreathing, I raise my both arms fully up. With this, kundalini sinks down to root chakra. Stay there while withholding breath. Then while releasing breath, I bend forward to touch arms and forehead with the ground. With the force of that breathed air, kundalini rises up to crown chakra from root chakra. Stay there while withholding the breath. Then rise up while inbreathing. The same process goes on. Actually, it is rule in every pose that breath is exhaled out when abdomen is pressed to inside, whereas breath is inhaled in when abdomen swells to outside. First applying this type of single breath, breath is withhold for short time to properly fix the kundalini at sensation point of backbone (nearly swadhishthan chakra), then regular breath is taken hitting the kundalini to avoid suffocation that may be harmful for body. This is all about my morning yoga schedule. I feel my focusing improved after becoming fresh and taking a bath. I also found better if fixed time is employed for yoga each day. It also feels better if evening diet is low and there is enough bedtime after meal. One should note that yoga has cumulative effect as well. It means that unrecognizable kundalini growth of day-to-day basis goes on accumulating gradually to produce wonders after years. First, I used to think that what these too simple yoga poses could do the benefit. Now I know their real benefit.

In the evening too, yoga schedule is same. Only the poses are different. Now I tell about my evening time yoga practice. First, I apply apanasana, first with right leg, then with left leg, and then with both legs. I hold and press thigh with the chest, not the knee as usual. For a little while as such and for little time upper body tilting up to touch nose with the knee with releasing breath and then withheld out. Then comes the variant of apanasana. In this, lower part of right leg locked over the left thigh after bending it. Then left leg is hold with both hands at inner part of thigh and pressed towards chest. In this, body is not tilted up. The process is repeated with other leg. Now comes the uttanpadasan (leg lift). First, right leg is lifted up straight at 45-degree angle with the ground. Hold as such and brought down slowly. The same process repeated with the left leg too. Then the right leg while being kept flat on ground is slid upward slowly on the edge of left leg up to knee level and hold there. The same is repeated with left leg too. Now I lie on left side of body and fold up my leg when thigh is perpendicular to upper body and also at right angle to lower part of leg. Then I lift the right leg straight up to some height and hold there. Left hand is straight and at right angle to trunk line. Right hand is kept pressed to ground near it with elbow at height. The same process repeated on other side of body. Now I apply marjarasana (cat pose). I lie down on both knees and hands with both arms straight like a cat. On inhaling, I raise the head up and backwards, so that a depression appears at middle of backbone line mainly at swadhishthana chakra of backbone. On exhaling, I bow down head towards hands and a bulge out felt in the backbone mainly in the middle. This process repeated for about 10 times. Now I sit in vajrasan for rest. Then I apply second variant of cat pose. In this, right arm and left leg kept straight and high up at level of trunk. No other movement. Regular breath taken. On each inhalation, a pressure felt on swadhishthan chakra as usual. The same process

repeated with left arm and right leg. Now I apply ardhmatsyendrasan pose. First, I apply it while keeping right leg up and left leg down. Then with the other way. After it, I apply garbhasan. Finally, I apply dolasan. These are all the poses for evening. The pranayam type and schedule is same as that is in the morning. In the end, I do not apply supta vajrasan and bowing to earth pose in the evening.

What would you suggest for a beginner yogi?

There is tiredness in the beginning while working during the day. Many times a day, sleep starts coming. Feel of heaviness in the head. The ability of the brain to withstand emotional pain decreases. However, later on, man gets used to yoga, and everything gets undone. Yoga, however, seems quite ordinary, but it shows its true colours after years. With the daily yoga, the Kundalini gets up in such a very subtle amount that it does not feel like that. Only after the years Kundalini's progress is felt. Therefore, breathing should not be suspended for a long time, and one should not be used to breathe in the wrong way. When the burden of the brain starts to remain like helplessness, then a man can produce sexual power through sexual yoga and convert it into yoga-power. The second way is that the amount of focused concentration should be reduced slightly. Otherwise, the possibility of damage to the brain may also arise. There are other signs of growing up unnecessarily in the amount of meditation, such as the presence of microscopic vibrations in the body mainly in hands continuously, the presence of strange-looking dreams (although they do not produce fear), lack of efficiency etc. KundaliniJagran possibly occurs when such symptoms are present in low form, yet there is no interference with the body, and there is a stock of extra power in the body. Such a tremendous power can be formed only by sexual yoga by a common household life. However, favourable conditions and appropriate stimulants should also exist. With Kundalini-Yoga, Health benefits are visible every day only, such as good appetite, good sleeping etc. There should be no animosity with anyone; there should not be bad thoughts about anyone. If the seeker feels the loss of someone because of his reason, then the seeker also falls from yoga accordingly. It is not known whether his bad thoughts causes bad of others or that occurs for any other reason, but the seeker always feel himself as the convict. Never should a bad word come out of the mouth. A level in Yoga comes when the words that come out from the mouth become true. So either be silent, or just say good words. Music is very beneficial while doing yoga. I took JBL's Bluetooth portable speaker. I send songs to it through the singing app "gaana." Most of the time, I listen bhajans/devotional songs. Many times other songs also go on. I hear in any Indian language, because music is important, not the lyrics. In the bhajans, God's name is the same in all languages. Many more words are understood, because the root of all is Sanskrit. I like to hear a variety of songs round the clock, on the slow voice. This causes the burden of disturbing thoughts from the brain go down itself, and the hearing power does not suffer from it. Yoga is indeed thoughtlessness. Saliva juice becomes very much in the mouth with yoga. Therefore, dry roti etc. should be chewed a lot to make full use of digestive saliva. There is also a laxative element in it. Lentils, dal etc. wet dishes should be eaten separately later on giving those enough time in oral cavity. By eating quickly, pressure of accumulated saliva is maintained in the mouth glands, which does not provide food satisfaction. Desire to eat more food also increases due to greed of saliva, which can increase weight. By eating dry bread, roti etc., it is not known that the stomach is full because these absorb the water and then swell up later on. Therefore, in the middle of the meal, a limited quantity of water can be drunk, so that the space remains in the stomach to flourish the bread. It also does not allow to eat too much, which does not increase weight. Water should not be high; otherwise, there may be disruption in digestion. The food intake should neither be reduced nor increased. It should be optimum. The weight of the body should not be either more or less. Just as with Kundalini yoga, the Kundalini keeps on rising, similarly it also rises from Karma yoga or Advaita. I have composed a book called "Shareervigyan Darshan - A Modern Kundalini tantra (The Love Story of a Yogi)" in Hindi. It can also be called as modern spiritual mythology. In the Puranas, the external or gross creation is described with non-duality, whereas in it the description of the subtle creation of the body is described with the non-duality. The inner and outer universe is the same, according to the so-called Vedic phrase "yatpinde tatbramhaande," means, what is there inside the creation, that everything is present in our own body. The book is completely scientific, and is also based on medical science. The book teaches us to follow Advaita / non-duality in the best manner. The book has a rating of five stars in an unbiased review on Amazon, and it has been rated as the best and as "must readable by all" book. It

was called having old style trend by an informal reviewer. But it is worth noting that the word “Kundalini” is old and a famous word of Sanskrit, so there is no surprise. From that book, I received Kundalini-benefit. I did kundalini Yoga in the last year, to awaken the Kundalini. In the last month of this, I had to get help from Tantra-yoga.

Many people practice Kundalini yoga for life. Why cannot they get KundaliniJagran?

That is because they do not seek the Kundalini Yoga after sacrificing everything else for some time, with full devotion and dedication. Kundalini persists in the mind continuously with the Kundalini Yoga of daily practice. But it requires a lot of mental force to awaken her, which is not achieved by daily meditation. There are two main ways to achieve that force. The first solution is to leave home for some time and practice sadhana very far from home, so that there is no hassle in the mind. Then continuous meditation gives a lot of force to the Kundalini. Everyday sadhana is of 1-2 hours, but the devoted practice runs for twenty-four hours. However, it is also necessary to be cautious in that, so that the brain is not burdened too much. With this remedy, the seeker becomes anonymously from the common world like a saint. The second solution is to get the help of the tantric yoga. As the space shuttle requires the escape velocity to get out of the Earth's influence, so in order to awaken the kundalini of a householder, there is a need for tantra. As the space vehicle only moves through the simple velocity, but that spacecraft does not get out of the attraction of the earth, and it rotates in its sky, similarly, the Kundalini does not awaken with the normal kundalini meditation, but only continuously remains in the mind. Tantric yoga is also called sexual yoga. In fact, Kundalini Yoga prepares a meditative background for the tantric yoga, and gives kundalini a proper direction. Tantric Yoga can also provide KundaliniJagran to a common household. No need for renunciation. I also had the experience of KundaliniJagran from this second method. The detailed description is available in the Hindi book "shareervigyan darshan", and in the English book “love story of a yogi- what Patanjali says”.

Is there something special in sexual yoga?

Nothing is special. By embracing yab-yum, the yogi and yogini practice the same kundalini-rotation, which they do every day through Kundalini-yoga. The boyfriend moves the Kundalini throughout the girlfriend's body, and the girlfriend throughout her lover's body. This leads to the transfer of tremendous power of sexuality to the Kundalini. Together, the Vajra-tip gets the kundalini-mixed attention of the yogi, and shining kundalini is being raised with the help of yoga-locks up to Sahasrara (directly or through the Swadhishthan Chakra). Yogi-yogini remains in the united-pose for a long time and continue to increase the power of Kundalini, because the sexual power is transformed into Kundalini-Shakti. Semen is also protected, by which the body and mind are strong. Vajra becomes lax after the sudden reach of Kundalini in the Sahasrara. Again, vajra is awakened while sexual desire is awakened, and it is quieted before ejaculation. Due to this ongoing cycle, Kundalini becomes more and more strong repeatedly. During the other activities and emotions of the sex drive, the feeling of a non-dual country filled with the non-dual Goddesses (dehpurushas) in each other's body is made. Detailed Description can be read in the aforesaid Hindi book "Shareervigyaan Darshan" and the English-book "love story of a yogi- what Patanjali says".

What is this Dehpurush, and what is the dehdesh (body-country)?

Dehpurush are organic substances working inside the body. These may be Hormones, enzymes, or cells of our own body. They have been given the name of God-man (dehpurush), because their tendency is like a man. All of these do the same as men. In all of these, ideas also flourish like men and emotions too. Countless body-people gather and create a body-country. The body is said to be body-country, because our own body behaves like a country. Division of labour is identical in both. All industries and businesses existing in a country exist in the same form in this body too. There is only one difference between the man and the god man, that these God men are non-dual and unattached, whereas men are dualistic and attached. Whatever we do, we do everything for those adept divine people. When this truth is known, they (Dehpurusha / Kundalini) are never forgotten, so we become like them, non-dual and

unattached with bliss just like them. Indeed, the Kundalini itself is superimposed over the form of Dehpurush. The same subject is the basic principle of a book called "Shareervigyan Darshan."

How does the mind calm down by focusing on deep and regular breathing?

Such happening is associated with Kundalini Yoga. When I was not accustomed to Kundalini Yoga, then while focusing on breath my mind was not particularly peaceful. During the exercise of Kundalini Yoga, I was able to see my kundalini roaming all the way through the breath through paying attention to my deep and regular breathes. Sometimes in the stomach, sometimes in cardiac area, sometimes in the throat region, and sometimes in the nasal region etc. This path of breath goes from the tip of nose to the navel. Kundalini appeared on the path of breathing in any place on this path. If there was continued to pay attention to the breaths with witnessing towards the Kundalini, then the Kundalini would continue to appear at different places of the path, increasing happiness and peace. Excepting the meditation of the breath, focusing on the Kundalini only seemed like a burden on the mind, and it started to become like a vanished. In Gita and other spiritual creations, the meditation of God on the nostrils is easy, according to the above principle. On the nostril, the touch of air is felt with the most intensely. In fact, the Kundalini and breath are connected together with Kundalini Yoga. Therefore, when the Kundalini is meditated, then the expected improvement in the breath is felt. Likewise, Kundalini starts appearing by meditating on the breaths. It can also be done that with the attention on kundalini first breaths should be corrected, then while focusing on those improved breaths, Kundalini should be further strengthened. Through the meditation of SHAVID (shareervigyan darshan), followed with the meditation of the noble body / Dehpurush (Kundalini), the Kundalini becomes manifest from meditation on the dynamic chakras during the breath. If Kundalini is at any other place in the body while not on any of the chakras, then Kundalini should be given importance instead of the chakra. The Kundalini is the symbol of love, which leads us to spiritual liberation.

How does Kundaliniyoga teaches witnessing?

Kundalini should also be meditated only by witnessing, otherwise the mind is under mood-swing, Kundalini also does not remain persistently continued, and more bliss is also not available. For this, one should pay attention on the Kundalini as well as the bandhas together. It should also be kept in mind that the life force (prana shakti) energized by the yoga-bandhas is reinforcing the Kundalini. Similarly, while breathing in pranayama and breathing in general, one should pay attention on breaths (mainly on the air touching the nostrils and on flowing-shrinking stomach with breath) ; And also on the chakra etc. (while doing pranayama, on the Muladhadra and on the back of the Swadhishthan while doing asanas) together.

Can Moksha be achieved without Enlightenment?

Great question I see ever. Surely one don't need enlightenment or Kundalini awakening for liberation. Had enlightenment been must for liberation, there would not have claims of liberation written in every ancient Sanskrit spiritual texts and procedures, even claiming liberation after reading once only too short text of single page length. Enlightenment and Kundalini awakening only teaches non-dualism with so much efficiency that this liberating quality remains forever, little or more. Enlightenment and Kundalini awakening are also forgotten with time like all other mind-bound experiences. These both, mainly enlightenment are provided to anyone by nature in a good faith, so that he can teach others the benefits of non-dualism and unattachment. Effect of enlightenment is much more pronounced than Kundalini awakening. It remained fully inside Premyogi vajra for 3 years when it kept him fully submerged forcefully inside the nectar of non-dualism and unattachment. Thereafter, the effect decreased slowly and slowly with time. A time came nearly after 20 years, when he only knew that he had once enlightenment experience but he only remembered its faintest experience with deep and secluded thinking only. That in turn gave very little spontaneous non-dualism. Although habit of non-dualism and detachment remains forever, little or more. The same with Kundalini awakening, although very little in comparison for it is like candle in front of sunny enlightenment. Message is clear, if non-dualism and detachment is practiced

fully, there's no need of other things for liberation. He once forcefully destroyed the habit of non-dualism, so he got again submerged in the delusionary worldly ocean. At one time, he practiced non-dualism fully and earnestly without support of the enlightenment and Kundalini awakening, he felt nectar of liberation in himself again.

Why should I rush behind enlightenment?

Who is asking anyone to seek enlightenment? Enlightenment comes itself, not through seeking. It is not like a shining star in the sky that can be approached anyway. It is zero that can't be grasped in anyway. Of course, necessary conditions can be made in life to not block its spontaneous happening. Everyone is going towards enlightenment spontaneously. We only need not to create blocks in its path. It's natural and inherent tendency of all to go upwards. If we leave ourselves lose, natural, spontaneous, instinctively thinking and well behaved in a humanely way, then enlightenment is not far away. It's our own natural self without any deliberate and ego full effort, just as there is self of sun, self of air, self of water. We departed away from those natural selves through our duality and attachment. We can only apply non-duality in our lifestyle. Everything else is just propaganda and a gibberish synthesis.

Vedas-puranas of ancient Indian culture have been designed in beautiful poetic and rhythmic verses in lovely Sanskrit. These produce non-duality very well if enjoyed daily. People are losing interest in these so suffering worst. Premyogi vajra has made a modern scientific non dual philosophy that rebuilt the lost interest in these spiritual treasures.

Why yoga and spirituality are associated with old age and old style?

Yoga, philosophy and other spiritual activities are based only on Kundalini. The same mental image has to be sustained constantly in mind. That mental image itself is called Kundalini. In this way, the only thing that remains sticky for a long time is called the ancient cult. Modernism is said to continue innovation with new experiments. In the case of external activity, it is all right, but it is not okay to constantly change the image of the lovers in your heart. However, the changing mind is considered as synonymous with modernity, just like changing physical world. It is also called opportunism or selfishness. There is no objection to wearing varied resolutions in the mind as needed. The objection is that one of the most beloved resolutions (image) is not kept in the mind always. Concentration is the key for keeping an image as main, and this is the goal of yoga.

Why are only mountains considered as enlightenment causing place? Why can't it be sea shores or plain level areas? Many "masters" and "enlightened BEINGS" have found ultimate peace there, why not anyone from any other terrain?

Mountain is a relative term. It's mountain relative to planes, not independently. Had mountains been so much conducive to enlightenment, all mountain people would have been enlightened. But it's not so. Inborn mountain-men being enlightened appear rare as per the record (although most of the mountain men are very near to Enlightenment, due to their nice behaviour and lack of ego). However, it may be possible that mountain people being more isolated are hard to be heard by the rest of the world. In majority of cases, only those enlightened ones are cited as examples, who migrated to mountains from the planes for meditation.

Premyogi vajra was also an inborn mountain-man, but he could not attain glimpse of enlightenment until he went deep into the company of plane-people, mainly from Rajasthan and Punjab, immigrated at some time in past and staying there since varied duration, during his senior secondary schooling. I think it's enough clear.

Moreover, the land-belt at the junction of plane and mountain appears as the most suitable for meditation for that belt being most peaceful inherently. Example of such belt is Rishikesh near Hardwar of India, where meditation seekers from world over gather to learn the meditation tricks from the experienced Yoga Masters staying there. Premyogi vajra also got a chance to live in a similar belt in the final year of his meditation ending in his glimpse kundalini awakening.

How can we remove Westernization from Hinduism, and convert it into Sanatana / Hindu Dharma?

It's merely one sentence answer and easy too so. When Indians will follow westerns with a Hinduist attitude, then the same as sought out by you will happen, even in a pronounced way. I bet style doesn't matter; it's the attitude that matters. I did the same. I used to study science in my room directly connected to room of my grandfather chanting puranas in front of the desirous family members. Intermixing occurred. He became Western Hindu and I became Hindu Western. Both equal. Scientific and spiritual insight together inside both of us developed simultaneously. It was the time covering my glimpse enlightenment too. Actually, enlightenment wishes both insights together. It's the truth. Nothing happened and nothing will happen with quarrel. Cooperation and compromise is the only way everywhere.

What inspires an enlightened being to action? I take that enlightenment puts an end to desires. If there would be no any desire, there would be no motivation to do anything.

Nature propels enlightened man to action just as she propels the great sun.

Enlightened man is nondual and unattached just as the great sun. Has sun ever denied rising up in the morning?

There is a natural tendency in every object, whether animate or inanimate to work in a planned schedule in the best favour of the creation. Unenlightened thinks that he himself is working deliberately whereas enlightened one despite utilizing his full mental potential considers that he is being made to work like a puppet in the hands of the nature or spontaneity for the best of the creation/humanity. Although the body and mind of both type of individuals run similarly as per the situation, even more better in case of latter for he gets great rest/relief from non-duality/detachment regularly.

Secondly, unenlightened one's mind remains full of chaotic stuff like ego, desire etc. but that of enlightened remains full of calmness, void and bliss.

How can we find the right meditation and the right guru for us?

First thing, Premyogi vajra couldn't have still understood, what people say or think about guru or master, yet he is enlightened. Theoretical definitions don't match with his experience. Some says guru as a guide, simple or brutal. Some think him as a boss type, dry and uninteresting. Some say and think him as a single important factor, denying everything else. Some say that we have to search remote caves in daylight to find one. Whatever is the matter, Premyogi always experienced guru as a single and common factor among plethora of favourable factors for enlightenment (although having little or more heightened sattva/mental cleanliness than the average people). He went nowhere to find out a guru. When his mental cleanliness crossed the threshold, he became friendly to his nearest clean mind old man spontaneously, nowhere to go. He was hardworking, family bound, humane, practical and average spiritual (not showcasing, like today's commercial gurus). It means, when a man become mentally clean enough, he himself encounters a clean mind man as his friend or otherwise produces one through spontaneous induction for friendship. Guru-shishya relationship is only a friendly relationship as human is a social animal and can't grow well without an interactive friend. Although, he came to find this peaceful ocean after various tides in the form of occasional violence as beating, abusive and insulting approach by elders and teachers to him. So that he came to understand the importance of calmness and self proud to get maximum benefit out of it. That is why people misunderstand that causative chaos as guru, although it is not tide full mind but a peaceful mind following it, which is guru and causes enlightenment. Although cause and effect, both can be considered as guru but later should be considered as more direct and obvious, unlike the general public thinking.

Second thing is regarding meditation. Some define it as sitting silent in any specific posture for long time and concentrating on a single mental image until Samadhi. Some say as if not concentrating but witnessing is the real meditation. Some say as the combination of concentrating and witnessing is the only meditation. All of this is true although partially. Full truth resides only in the natural and spontaneous, not in an artificial. Yet, something is better than nothing as all beings don't get license to experience

natural. Premyogi experienced meditation naturally. He got natural chances to concentrate mentally upon the variety of subjects. On turn of a female gender, that concentration swelled up to Samadhi (due to strong attraction like one between opposite poles of two magnets). Concentration and witnessing enhanced each other round and round, culminating into his natural thoughtlessness (having ineffective or sterile thoughts unlike real thoughtless or death type state as claimed and practiced by many bodies), culminating into enlightenment. Now he is trying to verify the artificial meditation. Kundalini is his main subject.

To achieve enlightenment, how much necessary is it to become a recluse?

Recluse is a relative term. Being in crowd with yoga /humanely /loving /truly spiritual environment is more reclusive than stressful loneliness.

Premyogi vajra further tells his experience as follows. My family environment was crowded reclusive just as explained above, since my childhood. For intermediate education, I had to go to the city school. I felt shocked on sudden change of environment from reclusive/spiritual to chaotic/materialistic. I couldn't study well; therefore I shifted to a small town school for the next class. The reclusive environment there matched to my home environment. So I could study well there. It was amazing that environment was more reclusive there, although being a crowded town than my home, which was a road less traditional village. Due to this, I got a golden opportunity to develop natural yoga, and grow the single contemplation image in my mind without any uneasiness to anybody. You should know that natural as well as artificial yoga demands recluse, artificial one even more. Somewhat little Crowded, truly spiritual (not hypocritical) and reclusive environment appeared better to me than the lonely reclusive. Hypocritical spiritual environment appeared most damaging to me, even more than materialistic. Although, overcrowded, over materialistic and chaotic environment appeared repulsive to me. Blissfulness is a litmus test for spiritual recluse, means if support less joy appears from nowhere, the environment is truly spiritual and reclusive, whether it is lonely or crowded. For 2 years, my contemplation image grew there. For shift from yoga to enlightenment, one needs to be in a close company of true spiritual master. I had just finished my intermediate level science course, so got an opportunity to stay at home for some time as relieved of study burden. There, I came in direct company of my old grandfather, who was truly spiritual and had spent his whole life in worshiping at others' homes through strict spiritual discipline. Master himself gets attracted intuitively towards a true yogi, whether yogi is natural or artificial. He also enjoyed my company. I used to visit and work with him in farmers' fields, some in the down valleys and some in the top peaks. Earlier, I used to cooperate him in spare time of holidays, but then full time. Sometime, I also helped him in his worshiping work. His company became amazingly so fascinating, charming and blissful that I forgot my contemplation image along with that's future hope. Means, contemplation/Samadhi was transferred from that long run image to the master unknowingly and naturally (as aadi Shankracharya in his commentary to Patanjali yogsutra says that contemplation can be transferred from one image to another). That was the right time when I got my glimpse enlightenment in my sweet sleep.

Can it be ever possible to perform practice of Kundalini Yoga in reality?

PLEASE READ THE EXPERIENTIAL LOGIC BELOW AND DECIDE YOURSELF-

Of course, it is more than possible. You believe or not, but I tell you a true spiritual happening which was confronted by a Prince (modern love yogi), my metamorphic/soul mate, spontaneously. It is a deep tantric spiritual secret and should never be misunderstood. It should also be not tried without the recommended supervision of a qualified master/elder for it's too dangerous if misdirected. He was a young man at that time and such was the queen 👸. A natural and indirect (having a code of direct one inside) physical initiation occurred between them, by chance, in a fun, under the guidance and supervision of their masters. After that, everything happened without any sensory involvement between them except of visual, verbal and auditory (that too not directly), that means, only relationship between them was that of expression-form (although much more profound from queen side) and experiential (much more pronounced from prince side). Everything appeared well coordinated and with plethora of favourable

conditions as if all was prefixed by the destiny. Both seeing each other with a unique bliss as if knowing each other since childhood, even many past lives and births. Attraction began to develop. Her image was at first associated with mooladhara and swadhishthana chakras of the prince. That was the exhibition of the romantic nature by Shakti. With this, his face developed brightness, colour and texture i.e. area of agna chakra. Because there is a direct link between mooladhara and agna chakra, so agna chakra was simultaneously developing. You know, every inter gender attraction starts at the pelvic organs supplied by these basic Chakras. Till then, his consciousness was dependent on the sensory inputs, but now the image of queen was affixed firmly, permanently and spontaneously, independent of the sensory inputs. It actually means, not totally without sensory inputs, but very less sensory input subtly in the form of visual and auditory only that was needed to keep the image at mooladhara for a long period of time, although strength of image was still dependent on the mental perception power and physical stamina of the prince (it highlights the importance of hath yoga along with), which was highly advanced in him, naturally. It means, the kundalini had arisen up from her sleep at mooladhara chakra. Image of queen/kundalini stayed at those two basic Chakras for few months. It's to note that image took much longer time to mature at these basic Chakras as compared to other chakras, where it passed up relatively quickly. At swadhishthana/second chakra, subconscious thoughts were resurfacing up. Simultaneous and sustained concentration on kundalini occurring at agna chakra saved him from accompanied paranoia. In this way, subconscious and unconscious mind emptied away enough, blissfully with time, and what remained mainly, that was only the present. Actually, this purgatory action continues throughout, but it starts at swadhishthana and is most voluminous there. That enhanced the mental performance of the prince, as seems logical. Actually, swadhishthana means abode of one's own self, which is nothing but the subconscious and unconscious. Actually, there is not pinpointing of chakra necessary, as told in theory, but an effective area practically. His physical activities along with digestion improved with her blessing when staying at mooladhara and swadhishthana and with this the image came up to the naval chakra, as you know that this chakra regulates digestion and strength related works(as called guts), mainly. Then compassion developed for the often depressed queen (also subconsciously exhibiting motherly qualities and love for babies), may be due to her thoughts regarding her future and social integrity, and with this the image came up to his heart chakra. That was the exhibition of motherly (selflessly loving) nature by Shakti. With this, some strange and subtle pressure felt by him at his heart area. By then, queen started feeling some guilt and self exploitation with subtle killing instinct towards the prince, although quite love fully, and extraordinarily. This was exhibition of Kali nature (destroyer) by Shakti. That was the time of the ascend of kundalini to vishudhi chakra (neck chakra). You know, all tragedies are tolerated by the neck, like assimilation of poison drunk by Shiva, ordinary warfare etc. After some time, prince and queen both departed away. As you know, image /kundalini don't come back if rises above naval chakra. As there was no more direct contact (which was only limited to visual, auditory, scarcely verbal and initiation driven only, nothing unsocial in Indian context, but with blissful mental romance surpassing every physical one) with the queen, so there was no need of sensual lower chakras. So the image from all chakras entered forcefully into agna chakra in forehead. That was the start of real meditation in the brain. Soon Samadhi/continued image in brain at every moment developed. Continued resurfacing and subsequent spontaneous purgation of old thoughts of subconscious and unconscious were near to end to produce thoughtlessness of enlightenment, within a short period total of two years. His controller at the whole time was that smiling spiritual old man. This all signifies the importance of chakras. You can develop up any image (but not of wife, lol) in this way with artificially designed kundalini yoga, which is totally based on the divine ShivaShakti Romance. However, you can take help of sexual yoga along with to boost up kundalini at chakras. You can develop your own design in accordance to the basics of kundalini yoga. For example, you can imagine your any ancestor farmer as going up and down between lower field (naval chakra) and uppermost field (sahasraar chakra) through the main rocky pathway (vertebral column) and passing through his home area(heart chakra) and any thin curvy area near top field i.e. neck(vishudhi chakra), in a mountainous area and likewise. It is well justified according to the Vedic phrase, “yatpinde tatbramhaande” (what's there in body, that is in the universe). Main thing is developing the concentration in a most efficient way.

Are kundalini and chakras the same or different from each other? Can it be possible to activate chakras without awakening kundalini?

Chakra meditation is not a rocket science. Kundalini awakens later on, first of all chakras open. Chakra opening is not specially visible or experiential. Focusing mind on kundalini at chakra is that what is called as a chakra opening. Yes, focusing should be sharp and kundalini should appear brilliant/blissful. This magnitude of focusing, I do not think if it is possible without the additional help of tantric yoga in this today's materialistic worldly life. Symptoms of chakras opened up and Kundalini entering the top chakra are; intermittent feeling of upward blasting type pressure inside head with too heaviness, tremors/trembling in body mainly hands (more in left hand), blissful mind mainly at beautiful natural places, blissful/attractive attention on kundalini mainly at beautiful natural places, occasional headaches/tiredness, calmness and interesting Yoga sittings with well focused mind on Kundalini image. These symptoms are also produced through maturing worldly non-duality, due to which Kundalini is strengthened spontaneously. At those times, kundalini awakening can occur at any time if kundalini gets even a little bit of suitable stimulus surprisingly. Stimulus is like the following. If one is making god Shankar as his kundalini and that has entered his top chakra, then pilgrimage to native places of Shankar like mount Kailash or Kashi Vishvanath would be a right stimulus for her to become awakened. It is just an example. The same type had happened to Premyogi vajra. He had the mental image of that spiritual old man that had entered his top/sahasrar chakra. When he attended a ceremony at his friend cum relative brother's home who was in a close relationship with the physical counterpart of his kundalini, he got a right stimulus that awakened his kundalini.

Only activating chakra means that the blood supply/energy at that chakra has gone up, but without a focused kundalini image, instead with variety of mental thoughts/images. It leads to nowhere but to paranoia only for their is not any kundalini, that controls the monkey-mind. It is the Kundalini that also is a most efficient protector from sexual side effects like sexual energy drainage to waste, oscillating/paranoiac mind etc.

What difference you would show between Kundalini yoga and yoga?

Nice question with nice and experience based answer.

Actually, meditation image i.e. Dhyaan- aalamban of patanjali yoga is called as Kundalini of Kundalini yoga. No doubt, Kundalini yoga takes help of the body metabolism/movements to concentrate.

Digging further, you get sexual yoga. It is the potentiating the Kundalini yoga through the tantric sexual practices.

What is Kundalini meditation in fact, and how it is done practically?

Kundalini is your most favourite mental image, on which you concentrate during your meditation. It can be image of your guru, any god or lover.

You select asana putting pressure on abdomen for morning and others for evening. Preferably don't eat for 4 hours and drink for one hour at least before this yoga course. Do asana for first twenty minutes with concentration on Kundalini image at suitable chakras. Then sit in Siddhasana. Try it gradually otherwise knees can be damaged. Then do Kapalbhati; anulom-vilom(first with left nose inhale and right nose exhale then with opposite nose and then with both nose together) pranayam for next 20 minutes. Concentrate on kundalini image at mooladhar during pranayam. Then do kundalini rotation for last 20 minutes. Start from sahasraar/brain and then downward in sequence, on all chakras. On each chakra, focus the breath on kundalini image through jalandhar and mool/uddeyaan bandh (one focusing at breath withhold after breath release and second focusing while breath withholding on air inhale, as per ease). This all chakras' full rotation should be done with inhaling from left nose and exhaling with right nose, in opposite manner second time and with both nostrils finally. This at least one hour yoga course should be done twice a day at sandhya time and preferably then when both nostrils are flowing equally. This routine should not be broken as far as possible. If ever you get any unavoidable business/problem, then you can reduce the time fixed for it, although do it in its complete and routine form.

You can imagine kundalini man as a farmer ploughing his field that is in the form of chakra area. First rotate him clockwise, then anticlockwise and third time again clockwise, covering whole depth or thickness of body at level of each chakra. Revolve him in opposite directions at brain chakra and naval chakra. If you imagine still image of Kundalini man, then also carry him straight backward from chakra, up to the chakra point in back at same level, and concentrate upon him there. This also covers the entire body. Actually body cells are everywhere that are like kundalini, so there should not be any problem, even two or many copies of same image can be imagined together.

How much time does it take to become enlightened?

Brother, it depends on type of meditation, intensity of involvement and the favourable conditions. Natural meditation takes much less time to be concluding than the artificial one. Mixture of tantric and Patanjali meditation is quickest, through which Premyogi vajra got enlightenment in a natural way within a short period of 2 years facilitated with countless number of favourable conditions.

Can a normal person without becoming enlightened and having experienced a Kundalini awakening earn moksha by living a life of a common man and enjoying social life fully?

Great question I see ever. Surely one don't need enlightenment or Kundalini awakening for liberation. Had enlightenment been must for liberation, there would not have claims of liberation written in every ancient Sanskrit spiritual texts and procedures, even claiming liberation after reading once only too short text of single page length. Enlightenment and Kundalini awakening only teaches non-dualism with so much efficiency that this liberating quality remains forever, little or more. Enlightenment and Kundalini awakening are also forgotten with time like all other mind-bound experiences. These both, mainly enlightenment are provided to anyone by nature in a good faith, so that he can teach others the benefits of non-dualism and unattachment. Effect of enlightenment is much more pronounced than Kundalini awakening. It remained fully inside Premyogi vajra for 3 years when it kept him fully submerged forcefully inside the nectar of non-dualism and unattachment. Thereafter, the effect decreased slowly and slowly with time. A time came nearly after 20 years, when he only knew that he had once enlightenment experience but he only remembered its faintest experience with deep and secluded thinking only. That in turn gave very little spontaneous non-dualism. Although habit of non-dualism and detachment remains forever, little or more. The same with Kundalini awakening, although very little in comparison for it is like candle in front of sunny enlightenment. Message is clear, if non-dualism and detachment is practiced fully, there's no need of other things for liberation. He once forcefully destroyed the habit of non-dualism, so he got again submerged in the delusionary worldly ocean. At one time, he practiced non-dualism fully and earnestly without support of the enlightenment and Kundalini awakening, he felt nectar of liberation in himself again.

Can reaching an enlightenment be too painful? Is it worth all the pain and suffering?

No, it's not the case. Enlightenment is the result of gradual transition from duality to non-duality. Enlightenment is the top state of non-duality. It's not all of a sudden. Reaching moon is not sudden but step by step rise. For a man to be dropped at moon suddenly is really painful. But gradual approach by an astronaut is not painful at all instead enjoyment. When spacecraft reaches a certain level of height, it's too easy to rise up for it's out of earth's pull and under the pull of moon itself. In the same way, when non-duality reaches a certain level, it is too easy to progress ahead for he becomes out of the worldly pull instead comes inside the range of pull of non-duality bliss. That's all.

Is the spiritual enlightenment temporary or permanent?

It has strongest effect up to 3 years in a moderate materialistic environment, when enlightened one feels himself as if a God like, fully blessed, joyous, lighted, peaceful, calm and united everywhere. I can't say about duration in other environments which I didn't experience. After that, self starts eroding down. Although returning to a spiritual environment also lifts up the experience for further

10-13 years. Then on joining the materialistic environment, it comes to enough low level within next 3-4 years. Then again starts rising up if spiritual environment is encountered. It is all what happened with me. Moreover, positive/non dual attitude and change in belief it creates remains almost permanently if not forcefully destroyed or if kundalini meditation is not practiced regularly. It is also easier to recall the experience again although to much lower than the original one/fresh enlightenment. It is remembered again quickly in the extraordinarily joyous, calm, peaceful and humane environment. Whenever one wants to get second glimpse of full enlightenment, the meditative effort needed by a previously experienced one is much lower than a fresh one.

Why it is that kundalini is associated with sex by so many?

ONE SENTENCE ANSWER IS, KUNDALINI IS AN ARTIFICIAL TECHNIQUE SIMULATING THE NATURAL PROCESS OF CONVERSION OF SEXUAL ENERGY INTO THE SPIRITUAL ENERGY.

Moreover, we should consider the following points to get a detailed answer-

Kundalini yoga is actually a sex yoga. Enlightenment is nothing but a type of supreme sex. Desire for sex doesn't stop after enlightenment, but cravings for it surely stop. After enlightenment, one enjoys sex much more live fully and blissfully. It's for sure that one can achieve the enlightenment only on transcending the sex, not escaping away from it. Until one experience merging of his soul with that of another's soul in the form of tantric sex, how can he experience his merger with the infinite soul.

Premyogi vajra himself experienced a glimpse enlightenment (although in sleep, it hardly matters for the same self / atman exist therein sleep as well as in awakened out of sleep) and found that as if a type of supreme sex. He hadn't direct sexual experience at that time. But he had indirect or signatory one which produced intense inter gender attraction. He experienced the sex at that time as if all mental only, in hundred percent strength, with wastage of energy to outside never happening in any way. You can call it as persistent top orgasm without the ejaculation. It's pure love. It's tantric sex. It's tantric Samadhi. Although all this was natural. In this Samadhi, the ever persisting mental image is made up of the opposite partner.

That tantric Samadhi happened due to the repeated erection of vajra followed by that’s subsequent quick regression through sensible thinking and stressing brain with deep intellectual study and other social tricks. At time of erection, partner image used to be at genitalia while that used to rise up to brain at the time of regression. This cycle grossly as well subtly continued for two years with countless number of energy revolutions. This caused Samadhi within a fastest period of two years culminating into that quick enlightenment.

Artificial tantric yoga has also been developed from this natural process and known as the quickest, easiest, most practical, humanistic and social. In kundalini yoga, Sexual energy is similarly revolved there from root chakra to the brain. First of all, meditation image(preferably of master or personified God) is firm footed at all of the seven chakras together to help quickly attend it on the root chakra. Then perineum (centre between anus and testicles), where root chakra exists, is constricted and tucked up. It causes image to suddenly jump to the brain with little bit strengthening of Samadhi there . No need to bring kundalini image down . If one experiences head heaviness and inability to see image in the brain further, one can revolve the kundalini for a whole cycle through the microcosmic orbit technique, which is a easy variant of kundalini technique. In it, kundalini is not stayed for long in brain but made to descend down slowly to be lost in naval chakra(energy sink)through throat and heart chakra. It prevents worldly attentive losses.

If one takes help of the tantric sex, then the image is strengthened greatly at root chakras with the vajra erection. With simultaneously tucking up(root lock) and tucking up trunk of body(uddeyaan/flying lock), image rises up strongly and blissfully to brain causing development of the pronounced and quick Samadhi, external indicator being the regression of vajra ,surprisingly quick.

Main chakras are root and brain. Other chakras are only there to reap the benefits of different body activities. Attend image at swadhishthana chakra during genital stimulation. Attend at naval chakra during digestion, eating and pranayamas etc. Attend at heart chakra while doing emotional and forelimbs related works. Attend at throat while doing speaking, singing. At agya chakra while seeing beauty etc. Attend at root chakra at walking, depression and all other conditions/works as it's easiest to attend there without much hindrance to the external awareness and gross workings. This all help to strengthen the image in brain to reach Samadhi. In the same way, during different yogasanas, image is attended at different body points or chakras as per the comfort and suitability.

Naturally, he had noticed the partner's image only at sexual areas, heart area and brain area as far as he can remember. These three are the main. Nothing any sort of chakras, colours, serpent, deity, element, mantra and tantric diagram(tantra) at all. No energy seen moving upward like a train or lightening. Yes, energy or image was seen coming to brain from sexual area all of a sudden many times, but as a jump or as a type of diversion of attention from genitalia to the brain, not as moving something upward. He thinks , these all are the types of just philosophical beautification only to confuse theoretical people. He also found image at those body points which were functional at that time, in minor ways. If foot ache, image at foot. If chest ache, image at heart and so on. As all of us know that waist, throat, face/eyebrows' centre are the main body points as active during the sexual attraction, so it's obvious that those points were affected most. These were beautified as chakras in tantra. Actually all this was experienced by him as a single unit, not separate in the real time, but trying to isolate different states now for the ease of understanding, just as an aeroplane flies as a single unit in coordination in the real time but that's different parts dissected in classroom to train the students.

He experienced image in a single brain , not in different chakras of brain partitioned like vishudhi, sahasraar, Bindu etc. as philosophically detailed. He finds these as theoretical only, not practical. There is only single brain/brain chakra.

Actually, intuition tells much things when practically started, although basic ground theoretical knowledge is also necessary to base practical exercise on that. It's all practical. If one is interested, he can study theoretically side by side but not at the cost of the practical exercises. IT IS HARD TO ATTEND THE IMAGE DIRECTLY IN BRAIN FOR A WORLDLY MAN, WHEREAS THE IMAGE CAN ALWAYS AND EASILY BE ATTENDED AT ROOT CHAKRA, THAT IS WHY KUNDALINI IMAGE IS MADE TO LIFT SPONTANEOUSLY FROM ROOT CHAKRA TO BRAIN, EASILY AND INDIRECTLY THROUGH AN ARTIFICIAL MEDITATION PROCESS CALLED AS KUNDALINI YOGA. This is the whole secret of kundalini yoga. Tantric sex only reinforces and stabilize the image at root chakras thus indirectly in the brain chakras too.

Last thing he wants to tell is that Tantra was widely condemned and misunderstood in our country without understanding and retaining its real essence, however it's a most powerful technique for the spiritual upliftment. The result is beforehand. Real Tantric are rare but propagandists. Along with, Enlightened beings are rare too, despite the over growth of so called sexually restricted and disciplined society.

What is Vajroli Kriya? Is Kundalini awakening possible with Sex or Sex Tantra? Can Super consciousness through sex be ever possible?

It's most possible indeed to have kundalini awakening through sex. It's great and deep science of Tantra that has been almost lost from the front ground due to the blows from time and semi spirituals/religious extremists. I am saying this thing practically not merely theoretically. You can see all of the experiential and exhilarating descriptions on the website demystifyingkundalini.com

Actually, love affair with a woman was always considered as playing with the fire due to the accompanied Kundalini symptoms afterwards. But the critiques never could imagine or experience those symptoms as Kundalini symptoms and also forgot to investigate the benefits of Kundalini awakening inside the romantic relationship provided if the kundalini/kundalini symptoms are well tackled.

What are the fascinating facts about Osho?

I know only two facts experientially-

I used to misunderstand him as majority of others do. After practising the spontaneous and profession bound tantra of Body science philosophy for years, I became interested to read about tantra. Knowing Osho as Tantric, I ordered for his well reviewed printed book, “tantra-a supreme understanding”. I became too influenced with him and even with myself for tantric philosophy of that was totally matching to my Body science philosophy even mine appeared more practical and worldly.

I wanted to know about sexual philosophy of Osho. So I downloaded his eBook named Sex to Samadhi and read that on my kindle e reader. I primarily remember that's one line only, “sex can be used by one to get glimpse of Samadhi and he can later on follow that with help of meditation”. Glimpse of Samadhi means glimpse of Kundalini awakening. I got same through the same means. So I experientially verify and support the statement.

Why did Buddha advocate celibacy as being the most important requirement for enlightenment?

I feel as celibacy is a relative term. Had pure celibacy(refraining from sexual activities) been responsible for awakening, sexual yogis or tantric would not have achieved it. While keeping Tantra in view, celibacy is producing reproductive fluid, not for outward wastage but for inward conservation for resultant transformation of awakening. Had not producing reproductive fluid been celibacy, then all children and neutered ones would have been called as great celibates. Had refraining from sexual activities been known as celibacy, the same would also have been called as great celibates. This is my personal experience too. I got glimpse enlightenment through producing and conserving my fluids through indirect means, while I got Kundalini surge through same process, although in a clear and direct way.

Had Buddhists been pro-celibacy, then they would not have accepted sexual yoga or tantra as topmost practice for awakening. Buddha got his enlightenment through pure or absolute celibacy, it's other thing. May be he had tantric experience in his previous birth. In addition, he renounced everything for awakening, which an worldly man cannot do. So, simple method suited Buddha but aggressive and quick tantric ways may suit a worldly man. Although, little bit manufacturing of reproductive fluid goes on in every adult, so preserving that is also celibacy; but producing in maximum rate with conservation too at maximum rate is the maximum amount of celibacy possible ever. So Buddha is also right that celibacy is must for awakening, but as far as I think, he doesn't appear to be defining celibacy in a scientific way.

Actually Tantra or sexual yoga has not it's separate existence for it is not like a spirituality originating machine, but a spirituality accelerating machine only. That is why adopting full tantra without initial spiritual development, especially kundalini development can be too harmful. Although Tantric system can be intensified slowly and gradually side by side with main spiritual development. So tantra should be adopted by every spiritual system of the world for providing appropriate escape velocity to kundalini or the spirituality up to liberation, especially at the top stages of the spiritual development. Also, every spiritual system should live in harmony with the tantric system and the vice versa.

Do the women of India really seem to have equal rights or not?

Today, the condition of women in India appears quite miserable. This also reflects in the misery of men as it's true that men can't be happy without women being happy. I think, invasion of India by Muslims initiated the misery of women for they are quite rude to women. History is full of their atrocities to women like rapes, divorces, triple talaq, halala etc. and many more. In ancient India, there was a huge respect to women. Not limited to equality only, women were considered here guru, goddess, Shakti and everything in world as everything was considered as expression of Shakti. For example, see the tantra system of ancient India. Here, enlightenment of men is caused by the women. In this system, a woman yogini is meditated directly or indirectly, consistently in

mind through various means under the guidance of qualified tantra practitioners. Women is respected and revered highly and taken full support of for enlightenment for she is given full authority and responsibility to enlighten the man devote. It is a great system, having a great spiritual science at its base.

Can eating eggs, cheese, and milk lower my spiritual level as it was done by meat?

Actually, meat also doesn't lower the spiritual vibration instead enhances it up if used with a fully worldly and functional lifestyle with non dual attitude. At the same time, if you consider/imagine meat as a part of the non dual body-country having countless immortal and non dual dehapurushas inside, your non dual attitude will skyrocket. Every eating habit has a most suitable lifestyle along with it. Similarly, eggs/cheese/milk etc. may lower or enhance up the spiritual energy likewise. If you imagine a non dual Queen inside egg who is ready to built up a new body universe fully non dual like her, then you will get your non dual attitude thus spiritual energy enhanced up. Similarly, if you consider milk while consuming it as being the cargo materials of different types being imported by your body country from another body-country both of which are fully non dual, your non dual attitude will rise up. Cheese being the by-product of milk will work similarly. It's all true and happening in reality. the Karma-phala principle does not change, means there is equal fruit of every action, although fruit may become weakened and hastened due to tantra, and along with there is spontaneous rush of non dual attitude at time of fruiting too, resulting into double benefit of non dual attitude.

In the same way, if during a sex, two kings of two body nations are seen as meeting together along with the visualization of non dual systems of both countries plus non dual dehapurushas/inhabitants therein as their own mental kundalini by both of the sexual partners, then their non dual attitude reaches its peak and stays there blissfully for many days. This is a tantric philosophy known as Body science philosophy/शरीरविज्ञान दर्शन by Premyogi vajra.

How are sins destroyed by Kundalini Yoga?

With the expressive power of the Kundalini, the thoughts kept buried in the mind are made open. In fact, old sins exist only in the form of depressed thoughts of the mind. Those are called as the dark cover of the soul. When they get the opportunity, they appear as small accidents, due to which they become inactive. This helps the person to avoid major accidents. If they do not get the chance to appear in the day, then they become idle by appearing in the form of strange dreams. They should be observed with attitude of witnessing. One should not try to stop them, because they are destroyed if they are expressed in light form. Although probably virtuous deeds are also destroyed in the same way, because the purpose of yoga is to eliminate all kinds of old deeds and to provide salvation.

What is the sin from your point of view? Is only duality called as sin?

Attached and dualistic actions are only sins. Those actions are meant for selfishness and for the harm of themselves or others, so they have attachment associated. With the same attachment, the cover of darkness over the soul grows, which is duality in form. The amount and type of that cover are according to the amount and type of sinfulness that creates it. The same cover also falls apart from the soul in the form of fruit. From that, the soul comes in its original non-dual form that was there before the rise of that cover. Dual-form cover also rises on the soul even with good karma, although it is comparatively looser. In this way, we can see that according to yoga, sin will be called as the great duality, and virtuous deeds are called mild dualities. In fact, the mild duality is the father of non-duality / Advaita (Dwaitadwaita / duality plus non-duality), because only on the small duality, the feeling of Advaita can only be applied. When duality is not there, then how will be put "non" text in front of it? In Mahaadvaita / great duality, man is so immersed in Dwait / duality that he cannot bear the feeling of monstrosity / non-duality along with. Only then, it is said that the path of liberation is attained by the good deeds.

What is your point of view on beer yoga?

Amazing development. Firstly, I didn't believe the question but then googled to know the truth.

It's scientific and true as far as meditation benefits are concerned, but I'm unsure of enlightenment until person enlightened purely through it comes forth.

Actually, physical activities after drinking stimulate the mental waves, which in turn are witnessed only spontaneously without deep attention due to sedative effect of beer. It results in gain of all the meditative benefits of mind witnessing like bliss, calmness etc.just as through vipasana.

Premyogi vajra is himself enlightened, so he observed this truth himself. After drinking beer although rarely, he used to come in bus from office as usual. The same noise, same people, same activities as on other days used to produce extraordinary bliss inside him just like his enlightenment time bliss, on beer days than the other ordinary days. Although, he used to get bad health for few days like feeling weakness, late morning wake up with body aches, headaches , improper digestion etc. It means, beer yoga may be mentally healthy, but physical unhealthy. It can also be called as a tantric practice too.

Should I give up meat or not?

The truth is that when one achieves sufficient threshold level of worldly growth with non-duality, aversion to meat develops itself. Why to hang stairs with you when you have reached the upper story. Non-duality is important. It combines the worldly and spiritual growths both together. Only with non-duality, energy obtained from Panchmakara i.e. Matsya, maithun and madira etc. helps kundalini to grow up. Non-duality makes life optimal and balanced too. With this you will eat minimum for minimum level of body requirements only for excess of meat or anything else tries to disturb blissful NON-DUALITY. Better option is fish for it's cool, produce less disturbance and looks more like vegetation.

Premyogi vajra did the same. He utilized these tantric things with non-duality for 17 years taking meat and beer rarely most of the time but at frequent intervals too at many times as per the need. He liked goat meat for that was used to be made by a blissful man in a blissful way. People used to quarrel to enter his small cave type rough and rocky shop but amazing was his dealing and cooking. Drunkard beings rocking to and fro like an elephant in rut used to rush in likewise too. Shop owner cum cook had a good control over those amazingly. Red meat is best for hardworking people mainly for those having laborious muscular works. Fish is best for office babus.

Actually, meat should be considered as the non-dual and divine world of dehapurushas(body persons)/body cells, which is reality too. Similarly, egg should be considered as having non dual/unattached dehadeshrajkumari(body country Queen)/ovum inside in full mood of creating a new body universe/cosmos, fully non-dual like herself. In this way, non dual attitude gets transferred most easily, smoothly and effectively to the users of those. This is a deep tantric secret. Apart from the prescribed and fixed rules, one benefit from the consumption of non-veg as per need in the minimum form is also that the reminding of the noneveg again and again causes the reminding of nondual dehapurushas therein habitually itself thus producing great nonduality benefits for the SHAVID devotees. There is one more thing. Troubles occur as a result of sin produced by eating flash. Due to the continuity of nondual attitude at time of tantric flash eating by one, the nondual attitude itself is engrossed in his own mind during times of troubles as a result of that sin. Kundalini Jagran / awakening is sure by that, because it is believed that during the time of troubles, salvation / liberation from the remembrance of the Advaitic / nondual God is for sure.

Premyogi vajra used to be continuously busy in the physical as well as mental works whatever available. That was due to non-duality and for the non-duality. With powerful combination of non-duality and Panchmakara, Premyogi reached soon the threshold of Kundalini growth and he receded to a solitude for kundalini yoga sadhana just as Shiva goes to shmashana/funeral place for meditation. He kept his previous works continued indirectly through others. He himself got aversion from meat and wine for one

year of initial meditation although he utilized tantric sex in his last month of meditation. Result was ahead in the form of glimpse Kundalini awakening.

It's all as per the practical experience of Premyogi vajra, nothing theoretical only.

Can Sexual Yoga be considered as the Yoga of kings

Not everyone can do it. So never advise anyone. It is intuitive yoga and is better if run itself without role of any advice. Chances of its misuse and misunderstanding are too high. But it's true that Kundalini can't burn without the fire of sexual yoga to liberation. You can shine it to high level or at ordinary level in ordinary life but can't explode it to awakening without it. Man in renunciation can do it without SY with availability of too much time and mental energy dedicated to it but a man in worldly life cannot afford so much dedication that is why SY(yogic married life) is necessary.

Actually kundalini herself attracts sexual yoga for her awakening, when she approaches a critical level of activation. The same happened to Premyogi vajra, when he remained stuck to his marital consort day and night with full bliss, also touching her feet again and again with great reverence. She became amazed with his suddenly and drastically changed behaviour. Within a month, he got his kundalini awakened.

Many sexually lustful people don’t understand it and don’t try to lift up their kundalini with sex so not achieving her rise. Many people don’t have kundalini activated so though they can’t awaken her but can surely activate her through growing up non dual attitude by imagining non dual dehapurushas inside their and their consorts’ bodies during the tantric sex as per SHAVID(shareervigyaan darshan). But most of them lose this base opportunity too.

If meditation is so good for productivity, then why do sages in temples appear as so much useless?

Monks are spiritual scientists. You know that efforts of scientific research don't bring fruit immediately. May be that on one day they discover a new meditation technique and bring out the revolution in the world. Different meditation techniques including Hath yoga that we practice today are in most cases the discoveries by such spiritual scientists. Scientists appear useless externally for they don't yield results till many decades but when they succeed, then bring out a revolution. Field workers appear too active, useful and alert always although totally dependent on scientific discoveries. Scientists behind the curtain don't become visible to all easily.

If anyone has achieved enlightenment and ended his rebirth circle, where would he go?

Non-duality is end to enlightenment. Non-duality is higher achievement than enlightenment. Actually, enlightenment descends only to teach non-duality. Actual path to liberation is non-duality, not the enlightenment. Anyone can practise non-duality, no need of enlightenment, but people remain suspicious of non-duality and hesitate to adopt it until become fully assured with enlightenment. During enlightenment, full non-duality or unity consciousness is experienced. That's clear message to adopt and strengthen non-duality in one’s life. Without adopting non-duality later on, enlightenment is wasteful. If unenlightened one too sacrifices his life for non-duality, he surely is liberated too. After glimpse enlightenment, I used to remember that's charm, so bound to or say attached to mind or brain as enlightenment experience occurs through the brain. That means I was too much attached to my body and fearful about harm to that. Then how be the liberation. I was unstable, being extra tilted to charming situations. I gained my balance through adopting the nondual attitude after being inspired by body science philosophy i.e. Shareervigyaan darshan, that describes a perfectly running hi-tech nondual society. All fears vanished way and I got some sense of liberation. With that non-duality, I also got kundalini awakening in the mean time. Amazing. That is why Aadi Shankrachaarya has favoured non-duality so much. Puranas (collections of ancient Indian spiritual-mythical stories in rhythmic Sanskrit) are full of non-duality. Present situation is, people are rejecting honey in front of them instead roaming inside forests to collect their own. They do not trust enlightened beings saying that non-duality is everything instead wants their own enlightenment neglecting non-duality in their search. Actually, devotee of non-

duality remains natural, desiring nothing even the enlightenment or kundalini awakening. Actually, enlightenment experience is forgotten spontaneously with time like every other mental experience, only the habit of non-duality as developed with that remains forever provided if deliberately maintained little or more. Enlightenment and kundalini awakening occur itself through nondual attitude, only a little extra effort of yoga is needed in the last, if any. The question that where we go after ending the birth-death cycle is also answered through non-duality. Devata lover go to their abode, ghost lover to their and lovers of earthly creatures/human to earth etc. However, in this way, the man who is lover of everything equally through non-duality should go to everywhere. What is this place. How can one remain everywhere at one time. That is Bramha or Eeshwar. He is everywhere in every particle of creation and everywhere outside too.

Why does kundalini awakening happen in only few people?

It's development level that varies widely among people. Only few being football champions do not mean that other people do not know how to play the football. Similarly, few people awakened doesn't mean that other people don't have their status. Actually just as an ordinary person can play at the level of a champion, an ordinary person can exhibit worldly non-duality/spirituality at the level of an awakened being. The only difference is that the awakening forces one to become non dual/unattached spontaneously up to some extent, just as championship inspires/forces one to play more nicely. Championship or awakening is just a honorary prize offered by the nature to few ones to inspire others to develop. It's not a special reward guaranteeing their liberation. An awakened one can fall to hell and a being not awakened can also rise to liberation as per their individual lifestyles. Similarly a football champion can lose the game but an ordinary man can win the same as per their individual efforts.

Awakening isn't a permanent gain. It's mediated through the neurochemicals inside the brain just as all other experiences are mediated. Therefore it's also amenable to be forgotten just as all other experiences are. Premyogi vajra could keep his glimpse enlightenment remembered fully for just 3–5 years. Thereafter he started forgetting that and forgot fully within next 3–5 years. He forgot that more quickly for he had shifted his residence temporarily so could not catch hold of that experience for long among unaccustomed people. When he returned home after sometime, he got some forward thrust towards that experience although couldn't remember that again ever. Later on he got glimpse Kundalini awakening, although he found that much more down than the glimpse enlightenment regarding bliss. However non dual experience was almost similar in both. He has also gone older so he didn't feel much transformation in him as compared to glimpse enlightenment.

May be that transformation after kundalini awakening takes more time as compared to glimpse enlightenment. It's possible that transformation increases with the increase in the duration of real time awakening experience. But it appears that transformation is never permanent. Awakening only gives an initial push towards a non dual lifestyle.

What things can happen after a kundalini awakening?

The awakened being is slowly and spontaneously attracted by the kundalini. If meditation is continued, that attraction is reinforced and quickened. Within 1–3 years, man's intellect is kundalini filled always. He is in kundalini consciousness. He loses his personal ego and exists in the form of kundalini ego. Kundalini image always stays in his mind, whether he be working or at rest. Everything to him is virtual or unrealistic just like dreams in front of real appearing and shining kundalini just as candle is insignificant in front of the sun. That's sampragyaat Samadhi. Mental energy accumulated as kundalini inside him make him tired or unstable and he also gets bored with her after staying with her for long. So intuitively, he want to get rid of her. Only solution for that is enlightenment because that being more energetic/real / light full than kundalini and not having any single image but everything inside that unlike kundalini, is real sink for kundalini energy. If Consider kundalini as sun then enlightenment is galaxy housing billions of suns. Intuitively he goes to guru or someone sympathetic to his condition, who then help to achieve and control/manage that kundalini

less condition. This kundalini less condition is asampragyaat Samadhi. In the mean time, enlightenment descend down on him to aid him and carry forward the kundalini less mission spontaneously and in long run.

In the meantime, subsequent Kundalini awakenings may also happen to one. Kundalini-water boils to awakening slowly after being gradually heated by meditation-fire for a long period of time, and then suddenly cool down. Afterwards, it again starts up being heated more and more, and takes similar course although that may be of lesser time duration than the first one.

With me everything happened spontaneously with some past good karmas. Master was in my own home. He used to read spiritual Scriptures mainly puranas. He never knew of my tantric kundalini nor he did any voluntary effort to know the same. I was helped spontaneously with his company only, means he was never asked for help by me. This is the greatness behind a good company.

What can be the dangers of Kundalini yoga?

Yes, there are intermittent episodes of depression during the kundalini growth. I was nearly 17-18 years old at that time when my first kundalini was in full glare as I have already shared in "love story of a Yogi". When that kundalini fruit matured up and was ready to drop drown from my brain tree, I got severe depression. Everything connected with that kundalini was disappearing. I was becoming a nonliving stump. Then that same spiritual old man supported me and provided me a conscious breath, that was originating from his divine personality. Spontaneously I did not feel any depression otherwise that was the condition favourable for a self inflicting depression. Due to that I got my sleep bound glimpse enlightenment. Actually that's not a depression in one's own spiritual dimension. It's depression only in the ordinary physical dimension. So when such one tries to mix up with people that are in ordinary or duality filled dimension, then only he feels depressed relative to those. So it is must to get spiritual company of guru or others at that stage to grow his spiritual/nondual dimension up to enlightenment.

The same kundalini again started growing, giving me a conscious life for my everything had connected with that kundalini, and sustaining life fully without that was not possible for me. After 5 years of growth she again ripened and started to depart away. I again got the similar depressive episode and that appeared too heavy to me than earlier one for I was in a full blown working/professional phase at that time. My father controlled me at that time telling me the reality of sunrise after the dark night. Truly, sunrise came after about 4-6 months, when that Kundalini again returned back brilliantly to give me brilliant life. It was severe so because my hormonal system was becoming mature and triggering. But I neither got kundalini awakening nor enlightenment in that phase. Perhaps my Kundalini could not find that much better handler as much was there that spiritual old man. Anyway my physical life started rushing ahead at full bloom.

It means that kundalini goes on growing, maturing and falling repeatedly during a spiritual progress. So it goes on providing glimpse after glimpse of awakening or enlightenment in its course, if conditions are favourable. Otherwise it traverses alone as episodes of stimulated life alternating with episodes of depressed life along with. It keeps one depressed for short phase of 4-6 months to make one capable to get golden chance of enlightenment, not for more time for it understands everything. So one feeling intense depression during this depressive phase should go on touring, recreational activities as I did during the second depressive episode. This doesn't prevent enlightenment instead may enhance that for the chances to get new kundalini handlers (direct or indirect) are increased.

Now see the amazement. I had gone married. My wife didn't allow that love affair / feminine-originating Kundalini in my mind. I was habitual of Kundalini just as drinkers are habitual of drinks. So, second Kundalini in the form of that spiritual old man that was earlier in the corner of my mind came to front and started growing up spontaneously plus with little bit help of my nondual attitude. It took long time period of approximately 15 years to grow fully for it wasn't that of an opposite gender so lesser attraction and also I wasn't growing it with powerful sitting meditation but with working nondual meditation. You know all when it took final leap through tantric kundalini yoga to become awakened. Now that kundalini water cooled down suddenly after awakening. I started to

heat that up again with sitting kundalini yoga meditation and tantric yoga technique. Now around One and half years had been passed and it is again fully hot ready to evaporate that's why I'm getting some depression. However, I'm keeping it boiling with meditation, otherwise it may prematurely cool down in the hope of another glimpse. This is the special benefit of sitting and tantric yoga that it is too quick to boil up kundalini and able to keep it boiling as long as one likes.

This is human life. This goes on and goes on like this ----+-

Other danger from kundalini yoga especially Siddhasana is knee arthritis/pain. So one should understand his own limits. If knee pain is felt, half siddhasana/ardhasiddhasana should be used for stable sitting. An appropriately thick and comfortable pillow should be kept beneath the hip so that legs remain slanting foreword. It relieves the knee stress soon. Problem can also be felt if yoga is done with full stomach or earlier than at least four hours of eating or one hour of drinking. Tantric Yogi may experience excess of pressure around their private parts due to unaccustomed retention of vital fluid for too long without attending kundalini at those parts with help of regular Kundalini yoga practice. Wherever Kundalini is attended, that body part or point gets increased blood circulation, which is the basis of spiritual healing /relief of pain. One should understand his own limits and should not cross his safe and tolerable limits while doing any of the yoga procedures. Today, human race development is at such a stage that human needs sexual energy transformed into spiritual energy for his spiritual growth. A time would come during the ongoing development when there would be no such need for he would have his spiritual energy directly at its own. It is in close match to the observation of Yogi Gopi Krishna. For the time being its alternative appears only a Kundalini machine that needs to be discovered and wildly used to sustain the human race non-violently.

If Kundalini symptoms are too unbearable, then attention towards kundalini should be lowered down, not stopped altogether for it can produce psychological shock. After conditions being stabilised, kundalini recovers its original growth back itself. Then practice can be adjusted as per the situation afterwards.

Over activity of Kundalini is reflected as intermittent head pressure, tremors mainly in hands etc. Actually these symptoms are not harmful but it's our inability to control those through simple Kundalini yoga that can produce harmful effects. Actually, it is Tantric energy is too Stormy that it can handle all Kundalini symptoms even that's awakening socially, functionally and blissfully.

Do you believe that meditation gives you any material power or not?

Not at all. I didn't find any, instead encountered a plethora of material problems after my glimpse enlightenment exposure. It pinpoints severe physical limitations of enlightenment. I preferred loneliness, non communication, and lack of desires. I avoided forced labour to achieve anything material. Intuitively waiting for something mysterious or spontaneous to happen and offer me the best suited to me. I don't know if it happened or not. Surrounding world looking me as being a lecher. Evil/dual type people mainly immature in age /life and full of material ego used to hate me apparently or subtly for the darkness always hates light. Although I would feel quite comfortable with true yogis cum renounced ones, peaceful/satisfied pundit types, preferably those old in age. Non material and Vedic Hindu type people preferred me and vice versa. My subconscious mind expected every material benefit to me without my desires and efforts. It's a strange after-effect of enlightenment. I subtly also expected a spiritual supreme like topmost position for me, where I could be in constant God's love, company of great yogis and deliver spiritual guidance to seekers. With even little bit of worldly indulgence, I used to feel losing my enlightened status. So only renunciation appeared to me as door entry to perfection after my enlightenment. But truth is that no one cares a sleeping dog. I feel it was a right custom in ancient India to guide the enlightened beings towards the path of full renunciation. It was there to keep enlightened status inside them fresh always and to take benefit from that for the welfare of the society as a whole. I considered myself righteous to get all above as I thought that none could had gotten that topmost experience other than me. That was amazing confidence of my amazing and so much difficult feat.

Now, I have come in-between the two wheels of the grinder [upper wheel as enlightenment and lower as materialism] and forgotten my enlightenment. I never felt any material power due to my enlightenment, even today I don't remember my enlightenment, but a strange and subconscious satiety of having been achieved and known everything. However, I didn't achieve/know anything different or new but my own self only about which I was unaware previously.

Who are the enlightened gurus at present who guide disciples under them?

Real guru is a freshly enlightened man preferably within 3 years of enlightenment. However it's most difficult to find out for he never speaks of his enlightenment unless repeatedly asked with too devotion/sympathy. Pleasing him is also most difficult because he can read heart of anyone more than him himself. However, if he pleases, his single true smile or blessing is enough to cause one's enlightenment sooner or later. Ordinarily, a man can't declare his enlightenment in public before lapse of 20 years after enlightenment, as occurred with Gopi Krishna and Raman maharishi. However, at that time his enlightenment power is so weak that he can only guide lightly, probably not bless anyone miraculously.

What is the best and proved way to get control over the roaming mind to enjoy the blissful peace?

It is a very good question you have asked. From my childhood my mind used to roam around because I had grown up in a relaxed atmosphere. But due to the Vedic-pauraanik (mythological) / spiritual environment of my home and the surroundings, there was a hinge in my mind, which did not make me dual / attached and paranoiac. Then I had to stay away from home after growing up. The habit of my mind was jumping, but the spiritual environment that controlled it was not in the new place. That's why I started worrying. After studying in the body related field, I thought of making a distinguished, non-duality / detachment filled and unconventional philosophy from that field. I told that desire to Premyogi vajra, who was my real and close friend / soul mate. He sat down to compose the philosophy, and he took a little physical body science from me and made that philosophy in the form of a book, which he named, "Body Science Philosophy - A Modern Kundalini Tantra (The Love Story of a Yogi) / Shareeravigyaan darshan-ek aadhunik kundalini tantra (ek yogi ki premkatha)". At first I was very hesitant to read it, but once I read it, that philosophy sat very well in my mind. That all-rounder Premyogi Vajra made me like a tantric like himself. Let's go, well spent time. In time, I realized that the sentences of that Tantric book were controlling my mind, making me detached and non dual, strengthening my horoscope and helping me in temporal work too. That was also miraculously protecting me from many unknowingly troubles. Then I came to know the importance of that Tantric book, and I helped Premyogi Vajra to make it public. When my Kundalini had grown too much by the influence of that philosophy, then I went very far away from my home for the deep Tantric Kundalini sadhana. By meditating through Kundalini Yoga, my mind became still more controlled or thoughtless, and together with my Kundalini also became awake. Now I keep my mind controlled by both Kundalini yoga and Body science philosophy. Once in my old house, that mysterious, auspicious, wandering and half mind type meditative person’s, called as Premyogi vajra’s (He seems to have changed this name later, but it is not sure for he told that as his real name) call came, But I was not at home at that time nor did the house keep his phone number noticed. After that there is little to know where he is. In fact, all the achievements, especially spiritual achievements, are all related to him only. He had told me so much that I give me all his accomplishments, because he was not interested in obtaining a brand for him. But as much as I can, I do all his achievements in his name. However, due to lack of attention or due to other legal / regulatory hindrances, I also make his achievements in my name. Detailed information about him is available on the website demystifyingkundalini.com

Can you tell me about your Enlightenment experience?

Surely. It is around 25 years ago. I experienced myself standing upon a river bridge in the down valley, roughly 1 km walking distance down away from my home. I suddenly felt myself as fully open, having overjoy extended from my mental waves to my that own self which was dark in the past. Means joy and conscious light was not limited to my mental waves only. I turned my head down and

gazed at flowing water. That was having same shape and form as naturally experienced by all, although That was nothing other than the bridge and my fully conscious self. Bridge was also physically same as usually seen, although nothing other than river, that's water and my pure self; spiritually/consciously. Then I turned my head to the left side mountain slope having Vegetation on it. That had actually slid down due to continued heavy rains sometime ago, leaving a raw earthy gap of approx. 20 meter between both vegetation filled land patches . Half the river had gone occluded due to that landslide. Amazingly all vegetation on the denuded patch was live and intact. Also that looked same as it naturally appears physically, although nothing other than the previous two and my fully conscious self, spiritually. Then I turned my head upward and gazed at the great Sun. The same experience was repeated again. The mighty Sun appeared to me usually same as that appears as being a brightest body in the sky to all the people, although that did not appear extra bright to me and that's brightness was equal to previous 4 i.e. river-water, mountain, bridge and my brightest pure Self. That also was nothing other than the previous 4 bodies and my shampoo cleaned bright/pure self. That all happened quickly within a short period of 5–10 seconds only. During that time period, I was totally over filled up with limitless Joy, Brightness, Wisdom, Peace and Openness. I felt myself as the king of the universe/cosmos/space or say god (devata) like during that period. Amazingly, I experienced everything ever possible, inside that short looking patch of time-space. Amazing. Day(light) and night(darkness) were united together in an unknown fashion. That was a complete experience in every way. Amazing. Everything united together. I simply can say, that was the highest level of our mind energy, conscious glimmer and bliss/joy, ever possible. Everything means every mental wave appears tiny fraction of that, even apparently limitless space and time too. My self was as an endless ocean of consciousness in which my mental waves were appearing as the ocean waves. Amazing. Love and hate, both together. Amazing. Fearful to the wicked(dual) and blessing to the genuine(non dual) one. On the next morning, I found myself as fully perfect, Being having achieved everything, fully satisfied, returned back to my original home after wandering astray for a long, child-like, tension less, peaceful, joyful, non-ambitious, natural, fully non dual/unattached, flowing spontaneously with the humanely nature, witnessing, non judging, ego less/personality less(personality in the form of shimmering tantric kundalini images of the tantric master and tantric consort only, that were persisting continuously throughout the day and night), easy going, social, humanely, self honoured, independent, bright, blissful, attractive, smart looking, love full, charm full, sober, god like/greatly thankful and devoted to god/spontaneity/ nature that guided me very well in a humanely/lawful/well ordered/ruled/systematic/impartial way in too long time throughout the unlimited looking previous births, full of mental energy, less talking, doubt less, pity full, well behaved/natured, non violent, well judging/determining, having concentrated/focused/powerful mind, intuitively/unknowingly(too faintly to be told) guessing others' mind/future, devoid of five major textual mental defects/Arishadvargas (desire/kaama, anger/krodha, greed/lobha, endearment/moha, pride/mada, jealousy/ matsara), having worldly sexual lust transformed to pure/deep/focused/concentrated love in a proven tantric style and so on; as written in the reputable/ancient Indian spiritual scriptures. However, these divine qualities remained fully expressed spontaneously for about 3 years, thereafter regressing gradually with the regression of the memory of that glimpse enlightenment experience.

Clarification-

That enlightenment can be understood as under. Normally, one's own self is experienced by one as if a completely dark theatre room. Sensual and mental world by him is experienced as if the theatre screen running varying and shimmering scenes. What happens during enlightenment that the dark room of one's own self is suddenly illuminated and appears shimmering exactly similar to the ongoing screen.

Actually every bad is present in the form of our own dark self, and every good is there in the form of our blissful mental waves. Merging of that dark self with the mental waves means merging of all goods with the bads, as experienced miraculously by Premyogi vajra above.

Actually mental waves are the only immediate basis to experience every type of knowledge, thing, work and fruit/work-result or whatever is there everywhere. During enlightenment, one's own self appears inseparable from the mental waves, instead latter

appears as false or as various types of structural formations/waves inside the former without hindering that in anyway; just as the waves may appear inside the interior of the ocean. That's why Premyogi vajra felt that he had done and achieved everything.

Everything is always received by God, and everything he has always done; Only then he does not keep any selfishness in the world created by him. Because Premyogi Vajra had a feeling of 10 seconds that he had achieved everything, and had done all the work; So he felt that he had become God only for that 10 seconds. Yet he can not be called God for those few moments, because it is impossible for anyone to become God, that's why he has called himself as god like in that momentary experience, not the god. Although he may be called the son of God. All the gross world exists as waves in God, like the waves in the ocean. Whatever is in someone's mind, that is the reflection of the gross world. Therefore, it is also possible to call the mind of the creatures as subtle world. Because Premyogi vajra perceived the subtle world in his own self, like the waves in the ocean, not the gross world, therefore he may be only called the son of God or his reflection. That is why he was insignificant in front of God in powers, and was not more than a common man.

Premyogi vajra found the enlightened state wrathful to duality filled people. This is so because after his glimpse enlightenment, he found dualistic people as being fearful from him and hateful towards him for they used to experience darkness in his enlightened status. Similarly, he found enlightened state as being blessing to truly non dual people. This is so because after his glimpse enlightenment, he found non dual people as being loving to him and attracted towards him. They used to experience little to no darkness in the enlightened state according to the level of their non dual attitude.

That all happened through the famous Yin-Yang (Man-Woman) attraction with subsequent Patanjalian samadhi(complete contemplative union). To know it in more detail specially about how that Enlightenment happened, you can read the real time Tantric story in the e-book "Love story of a yogi- what Patanjali says". For still further detail, e-Book(Hindi) as described elsewhere in this book is advised.

Can you tell me about your Kundalini-awakening experience?

Sure. It is there around 2 years ago. I was practicing fully practical, worldly and Non dual philosophy (SHAVID-Shareeravigyan darshan that describes Body mandala in a scientific and practical form including company of some ancient Indian spirituals in a minor form) since about 18 years; casual and irregular YOGA practice (without focused concentration) since about 10-11 years, both of which used to maintain the kundalini at base level inside my mind; and while being on an online Kundalini forum, dedicated/regular Kundalini-yoga practice (means including focused concentration on mental kundalini-image of that very well known and purana-reading spiritual old man/Guru) since an year long at a peaceful and secluded place, near the junction of great plains and the skyrising mountainous ranges just like Rishikesh/Haridwaar (naturally peaceful yogic places), too far away from my permanent home (causing further maturation of my Kundalini); also including Tantric-yoga(direct sy, nearly daily/continuously) in it for last one month to make my Kundalini too mature, blissful and uprising. I had come to my home after a very long time gap in my newly purchased personal vehicle (with latest features and bought from a humanely motor company) through luxurious road along with my family. Then on one day, I was sitting on a chair in a ceremony at a relative's home. Due to calming effect of meditation, my beard had gone moderately grown up and having about 30% of total hair seemingly white. I was welcome in that ceremony with full heart. I was feeling special love and respect for me all around there. Childhood memories connected with the ceremony-people had gone freshened. I was feeling myself as quite opened up, peaceful, satisfied, tension less, mindful, non dual and as carrying up blissful mental Kundalini-image happily with me. People related to my Kundalini-image were present there and atmosphere around there was also related to my Kundalini. That house was built there on a steep and small hill, appearing as if sticking there with a strong glue. I was feeling continuously a good humming and grace there all around. Ceremonial music(modern type and not with noticeable lyrics but being as a musical and verbal noise only) was also running there at a medium sound level. A feel good atmosphere was present there all around. Smart and happy faces of my well known and some strange beings were appearing as if

flying here and there. Some ones were going up or down the stairs. I was sitting in the balcony of the middle story having my chair supported by the outside fencing grill. There was a group of smart and happy ladies busy in singing and dancing inside a separate room. Different ladies as one by one alone or sometimes in group of two and rarely in group of three were standing up turn by turn and coming in the centre of singing group of approximately 20-25 ladies to showcase their dancing art. On the greenery-filled, graceful, long and straight hill of equal and medium height, there was a straight road running with the hill at about one third to one fourth of the height of hill from the base valley and was at level with the house at about 100 meters sky-distance away. I was able to hear some traffic noise from that road at a medium level. The great sun was turning red with exhaustion and waiting to see off his duty at the hill top. Then as soon as my childhood-time, meeting after long, army man retired sometime ago, being familiar to my kundalini in physical form, having hard working e.t.c. divine qualities similar to my kundalini-image in physical form, and friend cum relative-brother asked my well being with a smiling, radiant and belonging face; that soon I also stood up with happy response gazing into his happy eyes and I was suddenly lost in the memory of my Kundalini and on getting that stimulus, she became fully loaded inside my brain. My head turned heavy with great tautness and pressure. That pressure was special because that was agitating and flaring up my consciousness unlike the normal and routine pressure that depress it. That was appearing as if a consciousness-river in the form of a whirl was swirling in my mind with full speed and shaking every particle of my brain, tolerating which my brain was becoming incapable. That consciousness-whirl was appearing as making a blasting pressure in my brain. My Kundalini was appearing as driving that consciousness-whirl in that way for she was appearing everywhere. A light, stormy, sober and same-level sound was being felt as if there were bee hives flying. Actually, that was not a sound but like that, silence-filled unique pressure and tightness inside my brain with feeling of great self-consciousness. Just as a pressure inside the brain is felt while doing head-stand or shoulder-stand, the same type was that although that was with much more pressure, silence, consciousness-glimmer along with bliss and Kundalini-image. If electricity transformer could feel scuffling, filled up with silence and humming sound both together(although not sound but like sound sensation) running inside that, then that could feel it as his Kundalini-awakening. That was not an enlightenment but lower than that. That was like a in-between sound of OM(aum) syllable, running long at equal level. May be that secret behind om is hidden behind that. Eye-born experiences were appearing as if ready to exit out blast-fully just like as if bees ready to leave their hive. Appearing as if those experiences were trying to fly up with their powerful flapping. A state of great bliss was there, even greater than the hundreds of sexual joys together. really speaking, that kind of bliss could not be produced with the external senses. Kundalini was fully bright, competing with the Sun. She was appearing clearer, livelier and more real than even her own physical counterpart, and other sensual objects directly in front of eyes. Eyes were open and having all the scenery in front with amazement but without any distinction and judgement. Wherever eyes were going, there was Kundalini appearing. Everything was coloured in Kundalini. All experiences were appearing as if equal, unchanging and complete. My personal ego was fully dead. I got suspicion of my health. I had no feeling of my own personality. I was as if in the form of a personality of Kundalini and non-duality only. 2-3 neighbourhood people on chair and coming-going few persons including that well-wishing friend started looking at me with wonder, suspicion and possibly little worry, so I became little shy and tried to get some sense of me. I sat down on my chair and tilted my head little down and massaged upper border of my forehead with fingertips of right hand few times applying moderate pressure, and constricting my eyes too with moderate pressure to return to my own personality. With that little effort, my shining Kundalini came down and I got my normal ego-personality returned back. Soon I sensed my grave mistake and tried to lift up that shining Kundalini again from my body-Chakras but failed miserably. Although I felt myself as if greatly happy, fresh, blissful, Tension less, stress less and full of detachment/non-duality. I was feeling warmth and redness on my face during that great experience.

The same type of experience I used to feel at time of my indirect-Tantra/right-handed school of tantra, when the mental image of first Queen used to become as clear as physically real in my brain, although at lower level than this time my Kundalini appeared. At this time, mental image was not that of the first Queen but that of the same purana-loving/tantric-spiritual old man(he used to chant puranas in one room and I used to study science deeply in a neighboring room), although only for approximately 10 seconds.

The image of first Queen used to be persisting almost always in my mind, sometimes mildly, sometimes moderately and sometimes intensely as per the worldly activities. Although at this time, Kundalini-image of that spiritual old man was at the topmost manifestation of all, even greater than the direct physical things in front. Earlier too, image of that spiritual old man used to persist in my mind but for less time and in less strength than that for the first Queen. Probably my lustful and materialistic surrounding along with my young-hood was responsible for that. However mental image of Queen also used to ignite the mental image of the guru along with her in the same proportion. It supports the same tantric principle that guru and consort must be accompanied both together. Actually, whatever is accompanied along with consort, that is also mentally absorbed along with. That's why Vedic marriages are provided with a good start. I never experienced a full Samadhi-union with the image of that godess-queen(deveeraanee) but in the above described Kundalini-awakening, I felt myself as if fully merged and one with the mental image of that spiritual old man in the form of a full blown Samadhi. Probably this same is called as the union of Kundalini with Bramha/own self inside the Sahasraara Chakra/brain. That experience loosened enough the snare of blind woman-attraction inside my mind, because uniting with the image of an old spiritual master in my mind as more strongly than the image of my intensely beloved Queen was not less than a miracle. However, second Queen provided me enough help to lift up the Kundalini-image of that spiritual old man in my mind through the direct Tantric-yoga/left-handed school of tantra(unlike the first queen that helped through the indirect tantra). How things happened in case of first Queen up to my glimpse enlightenment around quarter of century ago and how those happened in case of my second Queen up to my glimpse Kundalini-awakening in the real time , that you can read all in full detail in the book "Love story of a Yogi". For further detail, e-Book (Hindi, *****5 star rated, reviewed in unbiased way as the best, excellent and must read by everyone) is advised.

I experienced as if the Beautiful Kundalini-image of my spiritual Master suddenly and surprisingly rises to brain from the unobserved different body points or chakras. My brain becomes filled up with that image . Pressure appears in my brain upward. Great bliss and light .Logical mind dead. limited ego dead. Ego in the form of image only. Image superimposed over every where and on everything . Unity consciousness experienced. It is a state of Sampragyat Samadhi.

My eyes wide open without blinking but with amazement to one side constantly, yet seeing nothing physical things present there, but only Kundalini image inside and outside as if same. Actually, every scene was in front of my eyes but all appeared as if inside the brain, not outside. Those scenes were united as if one with my Kundalini-ridden self. When every scene was there as if my own self, then how could I see those for anybody can see only others, none can see himself but can experience only. Own self is experienced only, not seen or judged in a way just as non-self/other is seen or judged. It means that my focused concentration had reached the peak suddenly for a moment, that's why Kundalini-image appeared to me as if being my own self, not other. Intuitively, I guessed without judgement or without involving brain that people were feeling me as if I had gone crazy. Image was much more intense, bright, influential and experiential than even anything physical experienced ever. I diverted my eyes here and there intuitively to escape away from the people's attention and also massaged my forehead with finger tips from side to side, trying to constrict my eyes and putting pressure on my brain to experience the physical world in physical dimensions again. I left the spiritual dimension and started getting sense of the physical world around with dilution of the intensity of kundalini image. I again tried to get the spiritual dimension back after one or two minutes of leaving it on sensing my mistake, but I failed miserably. I tried to lift up that bright, golden/fire-colored Kundalini but failed. I remained in the full Samadhi(kundalini awakening) of spiritual dimension for almost ten seconds. In the evening, I could not concentrate that much during my meditation hour due to the fatigue of my neurotransmitters, psychologically as if mental Kundalini image of my Master with loving smile saying, "you have missed boss, but don't worry for I'll come again soon, so wait for the next chance". However the chance is too rare for that demands a lot of dedication, time and right effort. Anyway, experience was there. Kundalini awakening occurs suddenly at that time when one is fully relaxed, blissful and enjoying the world, being totally unaware about that, so one is not cautious enough to handle that thus highlighting the importance of regular practice to make her handling spontaneous, intuitive and habitual.

Actually, everyone remains in Samadhi while being conscious, only intensity varies. This is so because mind of a conscious man always bear this or that thought or image. A single thought or image in a concentrated state is what a door entry to Samadhi. When concentration to a mental image of an object or thought develops so much that image appears nothing separate but as his own self by the meditating being, then Samadhi is perfect and can be called as Samadhi proper (for understanding). At that time, image appears very sharp, bright, blissful and real. That image appears such that if only that image exists. This, that, you, I, we and everything is nothing but that image only. It is felt that if image exists only and nothing other than the image exists at all or say everything is in the form of bright Kundalini-self, opposed to the worldly self that is dark and impure. Knowing(own self of man meditating), known and knowledge; all of these three become one with the meditating man as if his own self only. Concentrating(man concentrating/meditating), concentrated(mental kundalini image) and concentration(recognition of the process of concentration/meditation) become one in the form of the own self of meditating man. Samadhi state is nearest to Enlightenment. In fact, it's door entry to the Enlightenment. In Patanjli Yogsutra, spiritual development up to the Samadhi level has been described only, because it's the only describable top most state in meditation. Enlightenment can't be described properly and fully at all. Samadhi is achieved through repeated and focused concentration on a single image through meditation, regularly and consistently for years. I think, if concentration is proper and method is right, Samadhi can be achieved within one to two years. Samadhi can develop only with a mental image, not with the object of sense directly, because our self resides deep inside and can't merge with the object of sense which is outside and superficial. The role of the external object is only to strengthen that's own image inside the brain of the meditating man in the start. Later on that's discarded too and that's mental image only practiced wholly. During Samadhi/awakening, everything that may be external or internal, all appear as if internal only, that is a reality too. The reason found for this experience is that we are accustomed since the eternity to consider more bright things as if external and less bright things as if internal due to the sensual delusions. When the brightest Kundalini appears as if internal during the awakening, then there is no reason for all other things to be considered as if external.

Summarized clarification– According to Premyogi vajra that Kundalini awakening experience was ordinary, neuroscientifically explainable and as per the mind science in origin; never a mysterious one. During kundalini awakening, one finds his fully dark self as merged one with the bright kundalini, means one's own self becomes cleared to fully bright one. This causes self-clearing mission to be started by him spontaneously/unknowingly. Because self becomes progressively cleared with adoption of non dual attitude only, therefore awakened being is forced to adopt non dual attitude by the spontaneity/nature itself, that in turn transforms his lifestyle too positively.

Further added, existence of direct as well as indirect sexual tantra as told above also means that attractiveness of an woman matters little in a married life.

You have received enlightenment, and Kundalini-Jagaran too. What contradiction do you find in the neglected notions of common people towards Hindu culture and Vedic rituals?

The biggest objection to me is with that belief of people, according to which it is asked to leave away the Vedic law after attaining an advanced spiritual level. Vedic law and order strengthen the non-duality in life. The gods and goddesses of the Vedas are similar to those of the Dehpurushas of the above said book "shareervigyan darshan," who spend their lives with all the experiences and emotions like us. Although they are untainted, which is the only difference from us. We remain non-dual like them from their meditation, worship, etc., which keeps our advanced spiritual state in perspective. What advanced spiritual state without Advaita? Advaita is everything. Advaita is God. Considering any state without advaita as a spiritual condition, it is similar to betraying one's biggest one. If Advaita is forgotten, then enlightenment and Kundalini Jagaran also become forgetful. It is also my own experience, and it is also a mythological fact. Up to which I remained in touch with the Vedic laws after my enlightenment, until then I remembered that. As soon as I went away from the Vedas through the company of so-called anti-Vedic people, I did not take any more years to forget my enlightenment. This was my fortune that I remained little bit connected with the "shareervigyan darshan,"

which saved me completely from slipping, and later I could get Kundalini awakening too. Therefore, the Vedas should never be abandoned. When the mind becomes pure enough by adhering to the Vedas for a long time, then Yogasadhana can also be successful. It is a different matter that it is easier to follow physiological philosophy in today's calamitous and modern era, because the goddess described therein always lives in our own body, and never separate from it. There is no need to do special formalities for them. Because whatever we eat, drink, see, and hear, whatever we do, everything is their own worship. Even then, the Vedas will have to be maintained unharmed, because only they are at the core of physiology-philosophy. The study of "physiology philosophy" book everything becomes clear with knowledge of all the facts.

Thank you for reading this eBook. You can further read in detail at the website demystifyingkundalini.com

Other books written by Premayogi Vajra, Dr. Lekhram Shastri, and Vinod sharma

1) Love story of a Yogi- what Patanjali says

2) Kundalini demystified- what Premyogi vajra says

3) कुण्डलिनी विज्ञान- एक आध्यात्मिक मनोविज्ञान

4) The art of self publishing and website creation

5) स्वयंप्रकाशन व वैबसाईट निर्माण की कला

6) कुण्डलिनी रहस्योद्घाटित- प्रेमयोगी वज्र क्या कहता है

7) बहुतकनीकी जैविक खेती एवं वर्षाजल संग्रहण के मूलभूत आधारस्तम्भ- एक खुशहाल एवं विकासशील गाँव की कहानी, एक पर्यावरणप्रेमी योगी की जुबानी

8) ई-रीडर पर मेरी कुण्डलिनी वैबसाईट

9) My kundalini website on e-reader

10) शरीरविज्ञान दर्शन- एक आधुनिक कुण्डलिनी तंत्र (एक योगी की प्रेमकथा)

11) श्रीकृष्णाज्ञाभिनन्दनम

12) सोलन की सर्वहित साधना

13) योगोपनिषदों में राजयोग

14) क्षेत्रपति बीजेश्वर महादेव

15) देवभूमि सोलन

16) मौलिक व्यक्तित्व के प्रेरक सूत्र

17) बघाटेश्वरी माँ शूलिनी

18) म्हारा बघाट

19) भाव सुमन: एक आधुनिक काव्यसुधा सरस

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Good luck